SMALL TOUCHES, BIG IMPACT
OPEN UP WITH SHINY ITEMS {page 35}

TURN ON THE BRIGHT LIGHTS
INTERPOL SEEKS TO RECAPTURE SPARK {page 16}

STEWART
ACTRESS TALKS ON MAKEOUT SCENE
DISH {page 24}

VANCOUVER metro®
Thursday, September 9, 2010
www.metronews.ca
Share this copy with a friend

Campbell won't resign over HST

Liberal majority in the 10-member committee evaluating the anti-HST petition voted yesterday to adjourn debate on the issue until Monday
They have 90 days to send it to the legislature or to a referendum

British Columbia Premier Gordon Campbell says he's learned a lesson — but he's not going anywhere.

Speaking publicly for the first time yesterday since an anti-HST petition garnered enough valid signatures to force the government to act, Campbell dismissed suggestions he ought to resign.

"I do think that one of the messages that's been clear from people is that they would have liked to have been far more included in this discussion," he said.

Campbell added with a laugh that the person who has most asked for his resignation is his wife, Nancy. THE CANADIAN PRESS

UBC. Club Metro

▶ Annie Yun, right, and Selina Chan — fourth-year students at the University of B.C. — play Twister in the Club Metro Lounge outside the Student Union Building yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Fun and games

Students were invited to play spontaneous games of Twister and signed up for Club Metro to be eligible to win a MINI Cooper or a Sony Xperia Mini cellphone. Events were also held at Simon Fraser University and BCIT. For more photos, see page 8.

Special feature

Back to school, done right

How to manage jitters, blues with return to class ◐ Be upfront to avoid roommate from hell ◐ Camo at head of class in style {pages 31-34}

The Lunch Rush

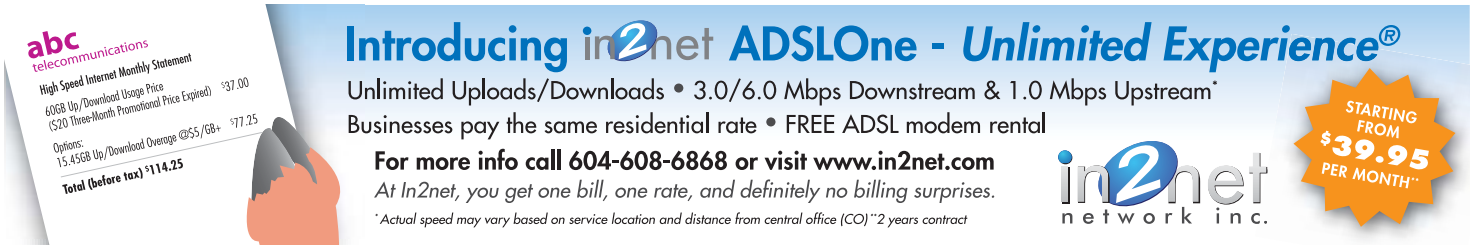
Metro sizes up tacos on offer at La Taqueria {page 36}

Bank of Canada raises key rate

Third hike in 3 months despite recent uncertainty {page 13}

The power of the red heel

Fashion magnate Louboutin on sex appeal of footwear {page 26}


abc telecommunications
High Speed Internet Monthly Statement
60GB Up/Download Usage Price ($20 Three-Month Promotional Price Expired) $37.00
Options: 15.45GB Up/Download Overage @$5/GB+ $77.25
Total (before tax) $114.25
Introducing in2net ADSLOne - Unlimited Experience®
Unlimited Uploads/Downloads • 3.0/6.0 Mbps Downstream & 1.0 Mbps Upstream*
Businesses pay the same residential rate • FREE ADSL modem rental
For more info call 604-608-6868 or visit www.in2net.com
At In2net, you get one bill, one rate, and definitely no billing surprises.
*Actual speed may vary based on service location and distance from central office (CO) **2 years contract
in2net network inc.
STARTING FROM $39.95 PER MONTH**

hello, Vancouver!

+

GAP

OLD NAVY

BANANA REPUBLIC

Online Shopping is Here!

We're now shipping from Canada to Canada.
No duties. No handling fees.
And, **FREE** returns!

For a limited time, get

Free Shipping on orders of $50 or more*

Just select Free Shipping at checkout.

Visit us online at:

gapcanada.ca **oldnavy.ca** **bananarepublic.ca**

*Offer valid online only at bananarepublic.ca, oldnavy.ca and gapcanada.ca on purchases of $50 or more in the same order. Customers must select the "Free Shipping on orders over $50" option at checkout to activate the promotion. Qualifying amount applies to merchandise only, not Giftcards, packaging, applicable taxes or shipping & handling charges. Offer valid on your order's first "ship to" address anywhere in Canada. Please allow up to fourteen (14) days for shipments to remote locations. If you choose standard, express or next day shipping options, additional charges will apply. No adjustments on purchases. Offer is non-transferrable and subject to change without notice.

Barney's Version to open Vancouver film fest

A film version of Mordecai Richler's final novel will open this year's Vancouver International Film Festival, organizers announced yesterday.

Barney's Version, directed by Richard J. Lewis and starring Paul Giamatti and Dustin Hoffman, will run Sept. 30 during the festival's opening gala.

The festival, which is celebrating its 29th year, will feature 137 premieres, including 12 world premieres. Sylvain Chomet's The Illusionist is the festival's closing gala.

JEFF HODSON

GETTY IMAGES

▶ Paul Giamatti

Tamil man held over security

One of the nearly 500 migrants who arrived by ship in B.C. last month is being held on security grounds.

Investigators are trying to determine if he was a member of a Tamil Tigers delegation that collected money for humanitarian aid or a member of the media whose link to the terrorist organization was a factual error in a years-old newspaper article.

THE CANADIAN PRESS

Canucks. Fitness

▶Former Vancouver Canucks captain Trevor Linden announces the opening of Club 16 Trevor Linden Fitness.

JENNIFER O' CALLAGHANFOR METRO VANCOUVER

Linden hopes to pump up city

Trevor Linden is about to take on basketball's Steve Nash in the battle to get you fit. The former hockey player is also opening a health club in the Vancouver area — a 20,000-square-foot facility in Coquitlam that's set to start operating in January 2011. He said monthly memberships will cost $15.

Plumbers put out rooftop fire

▶ Men were working on a drain tile excavation when house's roof caught fire ▶ Managed to extinguish blaze before firefighters arrived

VANESSA YEE
VANCOUVER@METRONEWS.CA

Three plumbers helped an elderly man escape after a roofing accident started a fire at a Port Moody home last week.

"The smoke was horrendous," said Jayson Zahenaiko, one of the Mr. Rooter plumbers who climbed onto the roof with hoses to save the house.

"It's just what you do. The house was on fire, no one was around, so we did what we had to do."
NORMAN HAMILTON

"It turned out to be bigger than I thought — 50 per cent of the roof had to be replaced."

Norman Hamilton, also with Mr. Rooter, gave a chainsaw to one of the roofers who used it to cut part of the roof to keep the fire from spreading.

"(The owner) had just moved in the day before, I really felt for him," said Hamilton.

He added that neighbours helped out by offering their garden hoses.

The fire is believed to have been started by a malfunctioning roofers' torch.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Prison watchdog urges less isolation for mentally ill inmates in new report. Video at metronews.ca/canada

Follow us on Twitter @vancouvermetro

G4S Secure Solutions (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST
Operations Dept
fax
604-609-0309

10 Full Time Positions Available
Average $600-$1000/week
10 F/T positions
Opportunity for rapid growth and advancement.
No experience. Training provided.
Call for an interview
604-451-4466
summittenergy.ca

BLAKE JORGENSON/RED BULL PHOTOFILES

All downhill from here

So what's it all about?

RACE. The Red Bull 5,000 Down is a mass-start mountain bike race from the peak of Whistler Mountain to the village below, dropping about 5,000 feet (or 1,500 metres). Racers will compete for a $12,000 purse, with the top five men and top three women getting cash prizes.

METRO VANCOUVER

Among the racers is Stevie Smith of Nanaimo, who took silver at the UCI Mountain Bike World Championship, the first North American to medal in over a decade.

250

The fastest 250 men and women will qualify for the main event. Qualifying runs in the Whistler mountain bike park go from noon to 6 p.m. Saturday, with the main event at 11 a.m. (women) and noon (men) on Sunday.

Just how fast are they going?

SPEED. Racers will hit speeds of 80 km/h as they roar down a fire road at the top of Whistler around Harmony Bowl and into Garbanzo Zone and down through the mountain bike park.

METRO VANCOUVER

Psychopath students likelier to cheat: Prof

Students who cheat may be showing themselves to be callous, Machiavellian psychopaths, says a study by a psychology professor at the University of B.C.

"Psychopathic students are more likely to plagiarize essays, while academically disadvantaged students are more likely to cheat on tests," said Del Paulhus.

Paulhus added that psychopathic students have to be prevented from cheating and disadvantaged students need a less competitive atmosphere to succeed.

VANESSA YEE

73%

of students admitted to cheating at least once in their high school years, a number that's been steady for the past 50 years, Paulhus said.

FLIGHT CENTRE® Unbeatable

Airfares

London from $149 + taxes & fees $474

Puerto Vallarta	from $75 + taxes & fees $290
Toronto	one-way from $185 + taxes & fees $73
Las Vegas	from $198 + taxes & fees $109
Los Angeles	from $198 + taxes & fees $112
San Diego	from $199 + taxes & fees $114
San Francisco	from $238 + taxes & fees $111
Honolulu	from $298 + taxes & fees $112
Mexico City	from $378 + taxes & fees $314
Chicago	from $389 + taxes & fees $121
Maui	from $418 + taxes & fees $116
New York	from $438 + taxes & fees $131
Bangkok	from $789 + taxes & fees $272
Tokyo	from $789 + taxes & fees $405

All-inclusive Vacations

Puerto Vallarta 7 Nights 4-Star from $395 + taxes & fees $290

Varadero 7 Nights 4-Star	from $565 + taxes & fees $216
Mayan Riviera 7 Nights 4-Star	from $635 + taxes & fees $290
Mazatlan 7 Nights 5-Star	from $657 + taxes & fees $273

BONUS free upgrade to oceanview room if available.

Cancun 7 Nights 4.5-Star	from $735 + taxes & fees $290
Los Cabos 7 Nights 5-Star	from $765 + taxes & fees $290
Punta Cana 7 Nights 4-Star	from $897 + taxes & fees $322

Canada Vacations

Whistler Fairmont Group Special
2 Nights + Golf from $139 taxes & fees included

INCLUDES accom at the Chateau Whistler and 2 rounds of golf per room with unlimited use of the practice facility. Price is per person based on quad occupancy. BOOK this package based on double occupancy from $214 per person.

Harrisson Hot Springs
2 Nights from $149 taxes & fees included

INCLUDES accom on Harrisson Lake.

USA Vacations

Las Vegas Air + 3 Nights from $249 + taxes & fees $109

INCLUDES accom on the Las Vegas Strip.
UPGRADE to 4-star accom from $17 per night.

Anaheim Family Special
Air + 4 Nights from $318◊ + taxes & fees $110

INCLUDES accom near *Disneyland* Resort. Price is per person based on quad occupancy. BOOK this package based on quad occupancy from $361 per person.

San Diego Air + 3 Nights from $339 + taxes & fees $115

INCLUDES cental accom near attractions with airport shuttle and breakfast.

Palm Springs
Air + 3 Nights 4-Star from $418 + taxes & fees $115

INCLUDES accom with breakfast and 25% discount at select golf courses.

Orlando Air + 4 Nights from $429 + taxes & fees $127

INCLUDES accom close to *Walt Disney World* Resort with shuttle to local theme parks.

Hollywood Air + 3 Nights from $449 + taxes & fees $125

INCLUDES accom near the Walk of Fame, Universal Studios and Beverly Hills.

New Orleans Halloween Special
Air + 3 Nights from $599 + taxes & fees $122

INCLUDES accom near the French Quarter over Halloween weekend.

Vacations

Cuba Air + 7 Nights from $505 + taxes & fees $216

INCLUDES transfers and central accom in Havana.

London Air + 6 Nights from $529 + taxes & fees $474

INCLUDES central accom with breakfast.

Beijing Air + 7 Nights 4-Star from $1139 + taxes & fees $317

INCLUDES central accom near Tiananmen Square, the Forbidden City and Temple of Heaven with breakfast. ADD private tour of the Forbidden City and Great Wall from $155.

Hong Kong Air + 7 Nights 4-Star from $1199 + taxes & fees $203

INCLUDES accom located in the centre of the city's transportation network near Cityplaza. BONUS free upgrade to Harbourview room if available.

Thailand Air + 10 Nights from $1429 + taxes & fees $271

INCLUDES first and last night Bangkok accom, inter-Thailand flights and 8 nights Koh Samui accom. ADD Elephant trekking from $54.

Cruise Vacation

Mexican Riviera
7-Night Cruise from $469^ + taxes & fees $56^

CRUISE roundtrip Los Angeles and visit Cabo San Lucas, Puerto Vallarta & Mazatlan.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 502 4576 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ^Price in US$. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). ‡ We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790

Change the way you save and save more than just change.

Most people think that saving more money means making major sacrifices and changing their whole lifestyle. While that is one way to save, it's not the only way.

At Scotiabank, we make saving automatic. We help you save every time you pay with your debit card, your credit card and with every paycheque. So you save every day, every week and every month, effortlessly. And before you know it, you could save $1,500* or more every year. We want to help everyone save more of their hard-earned money.

Visit a Scotiabank branch to learn how you can save an extra $1,500 a year, automatically.

Act now for a SAVING BONUS of up to 10%▲

letthesavingbegin.com

You're richer than you think.®

Scotiabank®

* Suggested savings amount is not guaranteed and is based on enrollment in the *Bank The Rest*® savings program, pre-authorized contributions and a *Scotia Momentum*® VISA† card. Actual savings will depend, in part, on each individual's financial situation. † Visa Int/Lic. user, The Bank of Nova Scotia. ▲ Offer available from July 5 to October 31, 2010. Maximum bonus $150. Offer may be changed, extended or withdrawn at any time without notice. Terms and conditions apply. See us for details or visit letthesavingbegin.com ® Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia.

Hornby bike lane would open in winter

- 4,800 cyclists a day crossed False Creek bridges during the Olympics
- Vancouver is updating its cycling and transportation plans

JEFF HODSON
@METRONEWS.CA

A separated bike lane along Hornby Street, if approved by council in the fall, will be constructed during Vancouver's rainy winter months — a time when bicycle trips in the city drop off precipitously.

Jerry Dobrovolny, the city's director of transportation, said the number of cyclists on Vancouver's roads depends more on weather than on season, although the two are linked.

"Last year we saw some fantastic weather in February during the Games and we saw a doubling of bike trips," said Dobrovolny, following a technical briefing yesterday.

"The advantage of building the lane early is that if we have another stretch of good weather, whether it's January, February or March, we're ready for it."

Moving parking

The plan calls for the removal of 158 street parking spots on Hornby, but the city says the loss of parking is a "wash" as 162 spots along Howe and Seymour will come online as buses return to a revitalized Granville Street.

The city held a second open house yesterday on the proposed $2.2-million separated bike lane trial along Hornby Street, complete with the block-by-block plans that were posted on the city's website last Thursday.

"We've been meeting with businesses one-on-one to find out their specific concerns and to adjust the design so we address them."

Remove fallopian tubes to cut cancer deaths: B.C. study

B.C. researchers are urging gynecologists to remove a woman's fallopian tubes during a hysterectomy or tubal ligation as a means of preventing ovarian cancer.

Researchers from the B.C. Cancer Agency and Vancouver General Hospital are asking all gynecologists in the province — and indeed across Canada — to change the standard surgical practice of leaving the fallopian tubes intact when performing the surgeries.

The fallopian tubes, the conduits for eggs between the ovaries and the womb, have typically been left in place.

But Dr. Sarah Finlayson, a gynecological oncologist at Vancouver General, said recent research has shown that at least half of the cases of the deadliest form of ovarian cancer originate in the fallopian tubes — not the ovaries.

THE CANADIAN PRESS

Your finances shouldn't feel like a final exam.

Introducing BMO SmartSteps® for Students.

Sign up today for BMO SmartSteps for Students – a great way to help you save some cash this semester. Open a NO FEE bank account and enjoy free banking during school and for one year after graduation[1]. Plus, we'll give you a FREE SPC®‡ Card[2], so you can enjoy deals at hundreds of SPC retailers all year long.

And, sign up today to be entered into the BMO Battle Your Budget contest, where you could win 1 of 15 $1,500 prizes[3].

Visit bmo.com/student to find out more.

BMO Bank of Montreal
Making money make sense®

[1]With the Student and Young Adult Discount Program applied to the Plus Plan when a Primary Chequing or Premium Rate Savings account is opened. Customer is responsible for all the fees of any transactions, services and products not included in the Plus Plan. [2]The Student Price Card (SPC) will take 3-4 weeks for delivery. Customers with a BMO SPC MasterCard®© will not receive a separate SPC Card with their account. [3]No purchase necessary. Contest closes November 30, 2010. Full contest details available at bmo.com/student. ®Registered trade-marks of Bank of Montreal. ®‡Registered trade-mark of Student Price Card Ltd. ®©Registered trade-mark of MasterCard International Incorporated.

Windows . Life without Walls™. SAMSUNG recommends Windows 7.

SAMSUNG

TURN ON TOMORROW

intel CORE Faster. Smarter.

The Samsung R Series. Looks better. Runs faster.

Your PC, simplified.

Windows 7

R Series Gets An A+

Checking out the competition is important for work and school, so it's essential to consider what you need. Get it all, plus much more with the R Series - stylish, powerful and portable 14", 15.6" and 17" notebooks.

+ **Performance:** The R Series won't let you down with 64-bit Genuine Windows 7 Home Premium. It also includes an Intel® Core™ i5 or i3 processor and nVidia GF310M dedicated graphics card with 512MB VRAM. And with Samsung's Green DDR3 RAM you can realize 33% more performance with 31% less power consumption.
+ **Connectivity:** The high performance dual e-SATA/USB port is great for graphics gurus who use external hard drives to move large files. e-SATA mode reads and writes data up to 3Gb per second - that's over 600% faster than USB 2.0!
+ **Eco-Friendly Power Saving:** The LED screen is mercury-free and draws less power, plus R Series notebooks are lighter overall because the AC adapter doesn't need an inverter.
+ **Whisper Quiet:** With silent mode and a new cooling system fan that reduces noise, you won't disturb others.

To learn more visit samsung.com

Available at: BEST BUY BestBuy.ca & FUTURE SHOP

©2010 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Nigel Gilderdale, left, and Brittany Davies try out the mini golf green at the Club Metro Lounge at BCIT.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Hasan Sued, left, and Sydney Leite, both 19, watch as their friend tries mini golfing at SFU's Convocation Hall.

Club Metro hits Frosh week

Students at BCIT, UBC and SFU compete in mini golf and Twister to win prizes at Club Metro lounges

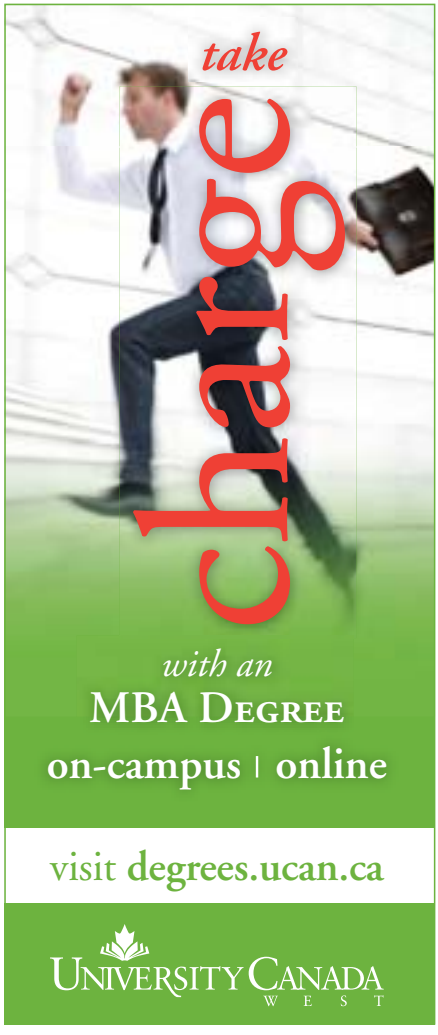
KRISTEN THOMPSON/METRO VANCOUVER

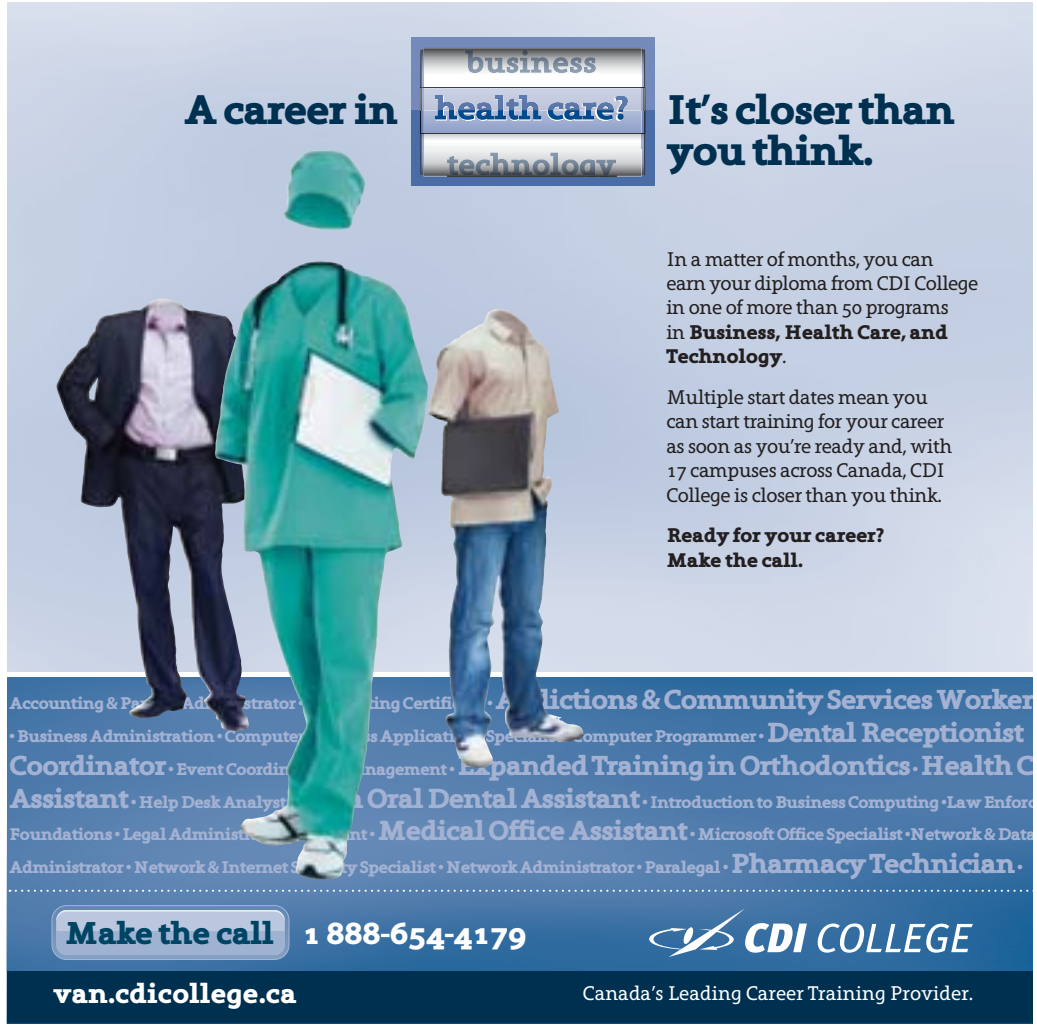
▶ UBC students play Twister at the Club Metro lounge outside the SUB yesterday.

Prizes, freebies

Participants also signed up to Club Metro for a chance to win a MINI Cooper or a Sony Xperia Mini cellphone.

- **Freebies** Other freebies included gift cards and whole free pizzas.
- **Lounges** Club Metro lounges were set up at 13 campuses across the country.
- **Online** To learn more, visit clubmetro.com.




A career in
business
health care?
technology
It's closer than you think.
In a matter of months, you can earn your diploma from CDI College in one of more than 50 programs in Business, Health Care, and Technology.
Multiple start dates mean you can start training for your career as soon as you're ready and, with 17 campuses across Canada, CDI College is closer than you think.
Ready for your career? Make the call.
Dental Receptionist
Expanded Training in Orthodontics
Oral Dental Assistant
Medical Office Assistant
Pharmacy Technician
Make the call
1 888-654-4179
CDI COLLEGE
van.cdicollege.ca
Canada's Leading Career Training Provider.

ROGERS™
authorized dealer

BURNABY
Crystal Mall
4500 Kingsway
(604) 718-2112
Lougheed Town Centre
(604) 420-7979
101-3855 Henning Dr.
(604) 431-2900
Metropolis at Metrotown
(Near Skytrain) (604) 433-8000
(Near SilverCity) (604) 430-3903
(Near T&T) (604) 432-9303
COQUITLAM
The Coquitlam Centre
(604) 941-6122
DELTA
Bayside Village
(604) 943-3602
5180 Ladner Trunk Rd.
(604) 946-7100
Scottsdale Centre
(604) 590-9011
FERNIE
522 2nd Ave.
(250) 423-2171
LANGLEY
Willowbrook Shopping Centre
(604) 532-8400
(604) 532-9099
Fraser Crossing
(604) 532-0440
MAPLE RIDGE
Valley Fair Mall
(604) 466-1675
330-20395 Lougheed Hwy.
(604) 460-2888
NEW WESTMINSTER
Royal City Mall
(604) 777-5906
NORTH VANCOUVER
8-1301 Marine Dr.
(604) 983-3335
Park and Tilford Mall
(604) 988-2803
120a-1199 Lynn Valley Rd.
(604) 984-8900
RICHMOND
Aberdeen Centre
(604) 279-9187
Lansdowne Mall
(604) 247-2355
Aberdeen Centre
(604) 303-8811
Richmond Centre
(604) 273-2203
SOUTH SURREY
Semiahmoo Mall
(604) 536-1010
South Point Exchange
(604) 531-2500
SURREY
701-6476 176th St.
(778) 571-0776
Central City Mall
(604) 583-7000
500-18696 Fraser Hwy.
(604) 576-6360
Guilford Town Centre
(604) 951-9399
Centre of Newton
(604) 599-5522
Nordel Crossing
(604) 543-8886
VANCOUVER
Bentall Centre Mall
(604) 602-0968
City Square
(604) 876-0888
920 Davie St.
(604) 684-5981
107-370 E. Broadway
(604) 879-1003
103-1807 Burrard St.
(604) 736-3326
6510 Fraser St.
(604) 325-6665
Kingsgate Mall
(604) 879-1003
1022 Mainland St.
(604) 608-2448
Oakridge Centre
(604) 267-1011
601 Robson St.
(604) 682-4333
1093 Robson St.
(604) 628-1388
1795 Robson St.
(604) 605-8290
148-555 W. 12th Ave.
(604) 876-0888
5759 West Blvd.
(604) 267-6383
2691 W. Broadway
(604) 736-1813
102B-2160 Western Parkway
(604) 221-5505
3565 Kingsway
(604) 718-8888
WEST VANCOUVER
Park Royal Mall North
(604) 921-1302
Park Royal Mall South
(604) 921-4880

ROGERS plus

BURNABY
6512 Hastings St.
(604) 291-9068
9869 Austin Dr.
(604) 421-7500
7645 Royal Oak Ave.
(604) 451-0233
Old Orchard Shopping Centre
(604) 433-6125
Brentwood Mall
(604) 320-0789
COQUITLAM
Coquitlam Plaza
(604) 464-4222
Austin Avenue Mall
(604) 931-5332
Clearbrook Town Square
(604) 854-1440
Westwood Plateau Village
(604) 464-5862
Como Lake Village
(604) 931-8104
DELTA
Sunshine Hills Shopping Centre
(604) 591-7767
MAPLE RIDGE
22430 Dewdney Trunk Rd.
(604) 463-2231
Westgate Shopping Mall
(604) 460-6527
NEW WESTMINSTER
104-1064 Columbia St.
(604) 524-1100
Royal Square Mall
(604) 515-8213
NORTH VANCOUVER
Capilano Mall
(604) 983-9744
1661 Lonsdale Ave.
(604) 980-7291
972 Marine Dr.
(604) 986-7500
PORT COQUITLAM
Prairie Mall
(604) 552-3316
Shaughnessy Station
(604) 941-2423
RICHMOND
192-8180 No. 2 Rd.
(604) 275-4848
8900 No. 1 Rd.
(604) 241-0711
Garden City Shopping Centre
(604) 244-7800
SURREY
Clover Square Village
(604) 574-6341
Evergreen
(604) 581-2287
10340 152nd St.
(604) 588-8900
Peninsula Village Shopping Centre
(604) 535-8828
101-7175 138 St.
(604) 599-8880
7306 124 St.
(604) 599-0099
Surrey Place
(604) 584-7274
TSAWASSEN
Bayside Shopping Centre
(604) 943-9940
VANCOUVER
2097 W. Broadway
(604) 733-3999
1674 Davie St.
(604) 687-8000
2696 E. Hastings St.
(604) 254-9555
5503 West Blvd.
(604) 266-6097
8377 Granville St.
(604) 266-1500
1295 Davie St.
(604) 669-7377
2200 York Ave.
(604) 732-5007
1027 W. 15th Ave.
(604) 731-1699
Victoria Square
(604) 301-1836
PACIFIC CENTRE
(604) 801-5292
WEST VANCOUVER
Park Royal Shopping Centre
(604) 926-2623
180-5341 Headland Dr.
(604) 925-6470

GOT THE NEED FOR SPEED?

GET MOBILE INTERNET ON CANADA'S RELIABLE AND FASTEST NETWORK†

ROCKET™ MOBILE INTERNET STICK

$0* On select 2-yr. plans

GO FASTER WITH ROGERS™

rogers.com/rocketstick

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · booth the telephone booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · sony style · BEST BUY

†Fastest based on tests comparing download speeds of Rogers HSPA/HSPA+ network against Bell and Telus HSPA/HSPA+ networks respectively in major Canadian urban centres. Speed may vary depending on the handset, topography and environmental conditions, network congestion and other factors. *With new activation on any 2-yr. term mobile internet plan having min. $30 monthly service fee. ™Rogers & the Mobius Design and Rocket are trademarks of or used under license from Rogers Communications Inc. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Communications.

Cities to face literacy issues?

Report: Vancouver to see 64% rise in low-literacy adults

Canada's four largest cities are expected to see growth in the number of adults with low literacy skills by 2031, with the biggest surge projected for the capital, according to a report released yesterday.

Canada may be among the leaders of industrialized nations and rank among the best-educated countries, but the report from the Canadian Council on Learning suggests the country is hardly immune from literacy problems within the population.

Low literacy is defined by the Organization for Economic Co-operation and Development's International Adult Literacy Skills Survey as difficulty in reading, understanding and functioning effectively with written materials.

The council's report projects there will be little change in the proportion of adults with low literacy in Canada but a small increase in the total number of low-literacy adults within the next two decades.

More than 15 million Canadian adults will have low literacy skills by 2031, up 25 per cent from 2001. However, the percentage of adults with low literacy skills in 2031 will actually dip to 47 per cent — a three per cent drop over a 30-year period. THE CANADIAN PRESS

China. Sea rescue

▶ A helicopter lifts workers from a platform in the Shengli oil field of the Bohai Sea near Dongying city in east China.

THE ASSOCIATED PRESS

More oil trouble at sea

Emergency teams rescued 34 workers yesterday from an oil-drilling platform that was leaning dangerously in east China's Shandong province, and searched for two others still missing, officials said.

BP's report accepts, doles out the blame

BP took some of the blame for the Gulf oil disaster in an internal report issued yesterday, acknowledging among other things that it misinterpreted a key pressure test of the well. But in a possible preview of its legal strategy, it also pointed the finger at its partners on the doomed rig.

The highly technical, 193-page report attributes the worst offshore oil spill in U.S. history and the rig explosion that set it off to a complex chain of failures both human and mechanical. THE ASSOCIATED PRESS

HANG UP ON YOUR HOME PHONE

fido

2,000 MINUTES[1]
+ Unlimited international text[2]
$40 per month
CityFido

KEYBOARD PHONES

Samsung Gravity
$0 with 2-year Fido Agreement

BlackBerry® Curve™ 8520
$30 with 3-year Fido Agreement and Data Add-on

Not sure 2,000 minutes is enough? Don't worry! 96% of our thousands of customers on this **CityFido** plan use less than 2,000 minutes per month. So stop wasting your money on a home phone.

Use your minutes anywhere within your **CityFido** zone. Long distance charges may apply.

No activation fee[3]. Switch now! On **fido.ca**, in store or **1-866-301-3436**

Offers subject to change without notice. Phone prices shown for new activations with Fido Agreement; early cancellation fees apply. **1.** Local airtime minutes within your CityFido zone only; additional local in-zone minutes cost 35¢ per minute (40¢ per minute with CityFido prepaid plan); airtime used for calls made and received outside your CityFido zone cost 25¢ per minute (40¢ per minute with CityFido prepaid plan). Long distance charges may apply and are determined based on your local calling area, not your CityFido zone; visit **fido.ca/callingareas**. **2.** Messages sent from Canada to Canadian, U.S. or international wireless numbers. Messages received from another mobile phone are free. There is a charge for premium text messages. **3.** Offer available until November 1, 2010; subject to change without notice. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Fido & design and CityFido are trademarks of Fido Solutions. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

FUTURE SHOP · BEST BUY · WIRELESSWAVE · booth the telephone booth · WIRELESS etc... · LONDON DRUGS · COSTCO WHOLESALE · Walmart

FIDO STORES

VANCOUVER
483 Robson Street
Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver

BURNABY
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

EXCLUSIVE DEALERS

VANCOUVER
CELLULAR BABY
1191 Robson Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver
665 Robson Street
120, 1160 Davie Street

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
519 West Broadway

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street
2430 Commercial Drive

WIRELESS WORLD
6596 Victoria Drive

YAPPIE MOBILE
370 East Broadway
7058 Kerr Street
2959 West Broadway

ABBOTSFORD
GENERATION WIRELESS
Seven Oaks Shopping Centre

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY
CELLULAR BABY
Metropolis at Metrotown
Metrotown Centre

PEPPER WIRELESS
Crystal Mall

WIRELESS WORLD
Hannam Supermarket, 4501 North Road #106

COQUITLAM
SKYNET
101A – 2748 Lougheed Highway

DELTA
WIRELESS WORLD
Scottsdale Mall

KELOWNA
GENERATION WIRELESS
Orchard Mall

MAPLE RIDGE
SKYNET
Haney Place Mall

NEW WESTMINSTER
PEPPER WIRELESS
Royal City Centre

RICHMOND
CELLULAR BABY
Richmond Centre

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre

SKYNET
4020 No 5 Road

SURREY
PEPPER WIRELESS
Central City Shopping Centre

SKYNET
7500 Scott Road, Unit 104
9182 – 120th Street
Panorama Village Mall

WIRELESS WORLD
1 - 8388 – 128th Street
12845 – 96th Avenue

Canada speaks out against Qur'an burning

Florida minister set to burn Muslim holy book on anniversary of 9-11, despite pressure from White House

Canada is speaking out against a tiny Florida church's plan to burn copies of the Qur'an on the anniversary of the Sept. 11 terror attacks.

Defence Minister Peter MacKay says it is "insulting to Muslims and Canadians of all faiths."

In July, Rev. Terry Jones from the Dove World Outreach Center in Gainesville, Fla., proclaimed he would stage "International Burn-a-Qur'an Day."

Since then he's received pressure from the White House, religious leaders and now Canada, to call off his plan to burn the book Muslims consider the word of God, but he hasn't backed down yet.

In a statement sent to The Canadian Press, MacKay says Canada is calling on the pastor to "bring people together, not break them apart."

MacKay also says Canadian Forces in Afghanistan are not fighting Islam or Islamic beliefs. He says they are fighting "an extremist and brutal enemy."

He adds that Canadians take pride in the country's fundamental values of freedom of religion and thought, and that such Canadian values helped the country bind together during the dark aftermath of 9-11.

THE CANADIAN PRESS

Controversy

Rev. Terry Jones says he's determined to go through with his plan to burn copies of the Qur'an.

- **Death threats** Jones has received more than 100 death threats and has started wearing a .40-calibre pistol.
- **Support** Others have been mailing copies of the holy text to his church to be incinerated in a bonfire on Saturday.
- **International outrage** In Afghanistan, Jones' planned burning has provoked outrage.

Tropical storm. Rips through Texas

▶ Visitors to Salado, Texas, snap photos of a submerged truck under the main street bridge yesterday morning, as waters begin to recede from excessive rainfall caused by Tropical Storm Hermine.

RUSTY SCHRAMM/THE ASSOCIATED PRESS

Flooding from Hermine kills 1

The National Weather Service says flooding from the remnants of Tropical Storm Hermine has killed one person in a town north of Austin, Texas. National Weather Service duty officer Tony Merriman says the unidentified person died in a vehicle overcome by floodwaters early yesterday in Killeen.

Microsoft apologizes to gamer

Microsoft Corp. and the chief rules enforcer for Xbox Live are apologizing to a small West Virginia town and a 26-year-old gamer accused of violating the online gaming service's code of conduct by publicly declaring he's from Fort Gay — a name the company considered offensive.

The town's name is real.

"At first I thought, 'Wow, somebody's thinking I live in the gayest town in West Virginia or something.' I was mad." JOSH MOORE

But when Josh Moore tried to tell Seattle-based Microsoft and the enforcement team at Xbox Live, they wouldn't take his word for it. Or Google it. Or check the U.S. Postal Service website for a zip code.

Instead, they suspended his gaming privileges until Moore could convince them the location in his profile, "fort gay WV," wasn't a joke or a slur. THE ASSOCIATED PRESS

Housing won't plunge: Board

Recent price hikes fuelled by low borrowing costs and consumer confidence after strong recovery from recession

Another hike in borrowing costs yesterday is likely to further soften Canada's housing market, but a major think-tank says the slowdown in recent months won't produce a "free fall" in demand.

The Bank of Canada raised interest rates another quarter point — the third such increase in three months — and the banks bumped up their prime rates by the same amount, pushing up the costs of mortgages linked to prime.

But the Conference Board of Canada says it sees a pause in the real estate market — not a U.S.-style collapse — after a surge in prices for the last several years in most Canadian cities.

"The housing market has lost its lustre," Mario Lefebvre, director of the board's Centre for Municipal Studies, said in a report yesterday.

"No doubt about it. However, this will not lead to a free fall for Canada's housing market. This country will not experience home price declines to the tune of what we have witnessed in the United States over the past few years." THE CANADIAN PRESS

Burst bubble

- **In the United States,** the housing bubble burst mainly because of risky lending practices by major banks, which saddled them with hundreds of billions of dollars in bad loans that eventually led to widespread foreclosures and the collapse of many regional banks and some Wall Street financial companies.
- **The troubles in the U.S. financial industry** sparked the recession and reverberated across Europe and other parts of the world.

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ The Toronto skyline takes the late summer light from the west as condos rise from construction with the aide of cranes.

News in brief

Canwest credit shield extended

COURT. Canwest Global Communications says the Ontario Superior Court of Justice has extended the company's creditor protection until Nov. 5. Canwest filed for protection from bankruptcy Oct. 6, 2009, after amassing $4 billion in debts and getting squeezed by a slump in ad revenues.
THE CANADIAN PRESS

Publisher's 3Q profits up $5M

MEDIA. Publisher and printer Transcontinental Inc. said yesterday it had a third-quarter profit of $30.6 million and expects to make targeted acquisitions in digital technology. The profit in the latest quarter compares with $25.5 million in the same period a year ago.
THE CANADIAN PRESS

Audi
Certified Pre-Owned

Afford an Audi way before you can afford an Audi.

All 2005–2010 CPO A4 models
Finance from
0.9%†

Now everybody can get into the Audi of their dreams. When you choose a Certified Pre-Owned Audi, not only will you get a great price, but you'll also get the confidence that comes with a CarProof® vehicle history report, 24/7 Roadside Assistance‡, an industry leading 300+ point inspection, and a 6 year/120,000 km limited warranty†. Starting at 0.9%, power, luxury, and total peace of mind have never been so affordable.

© 2010 Audi Canada. †Whichever occurs first. Maximum coverage available if there is remaining coverage from the Audi New Vehicle Limited Warranty. Audi CPO Limited Warranty effective for up to the earlier of 2 years/40,000 km. ‡Roadside Assistance provided by Sykes. *Limited time finance offer available through Audi Finance, on approved credit. 0.9% APR financing available for up to 24 months on all 2005–2010 CPO A4 models. Example: MSRP of $27,900 for a 2006 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, equals $1,056 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. With a down payment of $2,790, the cost of borrowing would be $236 for a total obligation of $28,136, including taxes and finance charges. License, insurance, registration, taxes, and options extra. Offer valid until September 30, 2010 and may change or be withdrawn at any time without prior notice. Dealer order/trade may be necessary. "Audi", "A4", "quattro", and the four rings emblem are registered trademarks of AUDI AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. To find out more about Audi or for more details, see your dealer, call 1-800-FOR-AUDI, or visit www.audi.ca.

Suncor to reap $390M in offshore asset sale

Suncor Energy Inc. has reached a deal to sell a number of U.K. offshore North Sea properties for about $390 million to an affiliate of Dana Petroleum PLC.

The sale comes as Dana faces a hostile takeover bid by the state-owned Korea National Oil Corp., worth about $2.9 billion US. Yesterday's announced transaction involves Suncor's Petro-Canada UK unit's 12 offshore production and exploration licences in the U.K. sector of the North Sea.
THE CANADIAN PRESS

33.5M Dana said the acquisition gives it 33.5 million barrels of oil equivalent of proven and probable reserves, making the company more valuable.

Couche-Tard may sell 25 stores for takeover

Alimentation Couche-Tard has an agreement in principle with a U.S. competition watchdog to sell 25 convenience store and gas stations in the Midwest should it be successful in acquiring Casey's General Stores.

The Montreal-area operator said yesterday it has reached an agreement with staff of the U.S. Federal Trade Commission, subject to final approval by FTC commissioners and assuming the Canadian company succeeds in its hostile takeover of the Iowa-based retailer.

The locations would be sold within an undisclosed time period following the closing of acquisition, which currently is valued at $2 billion US, but faces staunch opposition from the Casey's board, which has said the price is too low.

The agreement with the competition agency may be moot since Casey's has rejected Couche-Tard's $38.50 US per share offer and opted instead to negotiate with a mystery suitor that has offered $40 US.
THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Alain Bouchard, Alimentation Couche-Tard Inc. CEO, left, with executive VP and COO Real Plourde.

How convenient

- **Casey's** operates 1,533 locations, mostly in small towns in the U.S. Midwest.
- **Couche-tard** is North America's second-largest convenience store operator with 5,869 convenience stores in all Canadian provinces and 42 U.S. States.

Bank raises key rate a quarter point

Loonie gets boost, rising to 96.39¢ US Bank says it wants to reach a 2 per cent inflation target

The Bank of Canada raised the trend-setting interest rate a quarter point to one per cent yesterday, even as it acknowledged that the economic growth will be more gradual than previously thought.

It was the third hike in three months, taking the overnight rate up in stages from the rock-bottom 0.25 per cent that was set by the central bank during the recession to help stimulate the economy.

The hike, which most economists had predicted and supported, will likely have the effect of increasing borrowing costs on short-term loans, such as variable mortgages and lines of credit.

Analysts had been looking for acknowledgment from bank governor Mark Carney that the recovery has taken a few surprise body blows of late and that he will now pause for the next few months until the picture clears. Instead, the bank gave no hint about plans for future decisions.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

▶ Mark Carney

Wireless player moves on Chatr

New wireless player Mobilicity has filed a complaint with the Competition Bureau against Rogers' unlimited talk and text service Chatr, saying that it's too similar to its own unlimited talk and text offering.

Mobilicity alleges that Rogers is in breach of section 78 of the Competition Act, which prohibits market leaders from using "fighting brands to discipline or eliminate a competitor."

THE CANADIAN PRESS

4.25 Mobilicity was one of the new competitors after the spectrum sale in a 2008 auction that raised $4.25 billion for Ottawa.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 59.72 (12,042.26)	+ 0.97¢ ($96.39¢ US)

Oil	Natural gas 1,000 cu ft
+ 58¢ US ($74.67 US)	$3.814 (– 3.8¢)

Gold contracts $1,255.60 (– $1.70)

SFU SIMON FRASER UNIVERSITY CONTINUING STUDIES

READY FOR SFU NOW

Degree courses for busy adults in downtown Vancouver and Surrey on Nights Or Weekends.

INFORMATION SESSIONS

SFU Vancouver
September 14
5:30–6:30 pm
515 W. Hastings Street

SFU Surrey
September 21
5:30–6:30 pm
250–13450 102 Ave.

Please contact us to reserve your seat.

— Lyssa, student, SFU NOW

SFU NOW: NIGHTS OR WEEKENDS

www.sfu.ca/degree | sfunow@sfu.ca | 778-782-8655

Unlimited Calling From Your Cell Phone For Only...

✓FREE- Daytime
✓FREE- Evenings
✓FREE- ALL DAY LONG!

$20/month

HERE'S HOW IT WORKS:

Comwave Unlimited Mobile is an add-on to your existing Mobile plan. Do not cancel your existing provider, Comwave Unlimited Mobile works on ALL Cell Phone providers.

- You must have an active cell phone plan with UNLIMITED Incoming Calls.
- With Comwave you can ADD UNLIMITED OUTGOING Calls.
- Now All your Cell Phone Calls will be FREE - ALL DAY LONG!

LIMITED TIME OFFER!

30 DAY FREE TRIAL

SATISFACTION GUARANTEED!

comwave

604-873-2820

www.comwave.ca

DESPERATELY SEEKING ... ANYONE

He says ...

JOHN MAZEROLLE

I want to be a Craigslist missed connection.

When I was growing up, I wanted to be an astronaut, Louis Pasteur (don't ask) and a race car driver. None of those things happened, but I can still fulfil my dream to be a missed connection. Because, really, who doesn't want to be one?

If you aren't familiar, missed connections come in two types.

The first is the cry to the heavens.

They're all basically the same: "To Jim/L/My Snookie, some day/week/fortnight I hope/know/dread that you'll see it was a mistake/joy/reality-show script that we were married/apart/cell mates. I'll never forget/understand/unchain you. Love/miss/screw/ you, Amanda/S/Your Malignant Lump of Love."

They're pathetic, and if you can't see yourself in them you've never loved.

But the second type of missed connection is my goal.

It's for people who were too cowardly or lazy to make their move. They usually mention eye contact and finish with, "Wish I'd said something."

"But the second type of missed connection is my goal."

I like reading them and want to be one. Maybe I'd read, "To the guy who has clearly never cleaned his laptop," or "To that man who eats pasta like he's five."

I find them quite romantic, which is to say, they have no bearing on reality.

Missed connections deny a couple of harsh truths: First, the majority of single guys I know make attempted eye contact with every girl who meets their criteria, namely being a biped and consuming oxygen.

The only reason it ever works is that so many women are oblivious to men's advances. I've had conservations like this a dozen times.

Me: That guy was totally smitten with you.

Woman: Really?

Me: He was staring at you and he kept touching your arm.

Woman: Did he?

Me: He licked your face.

Woman: Is it muggy today?

Second, it ignores the fact that most of these highly charged moments of connection would be ruined if the two people involved actually talked. About half the women I find attractive can ruin it instantly with a single mention of Twilight.

What missed connections really do is provide you with one more opportunity to extend the eye contact and the ego boost. But real life would ruin it.

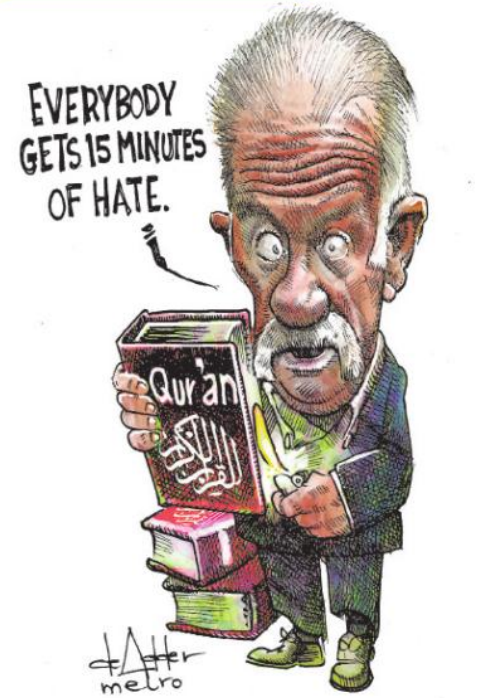
But that's good enough, I say. It's the NSA of infatuation.

I want to be a missed connection. It just doesn't follow that I want to be found.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Canada cracks top three

Worth mentioning

Australia and New Zealand shared first place, and Canada tied for third in a first-of-its kind survey ranking 153 nations on the willingness of their citizens to donate time and money to charity.

The report, released yesterday by the British-based Charities Aid Foundation, showed striking variations in charitable behaviour around the world.

For example, it found that only four per cent of Lithuanians gave money to charity, compared with 83 per cent of people in Malta; 61 per cent of people in Turkmenistan did volunteer work, compared with two per cent of Cambodians.

The overall rankings were a composite of three categories — the percentage of people who donated money, donated time and helped a stranger in the month prior to being surveyed.

Australia and New Zealand topped the index with an average score of 57 per cent, trailed by Canada and Ireland at 56 per cent, and the United States and Switzerland at 55 per cent.

Several of the world's most populous countries were near the bottom of the index — including India in 134th place, Russia in 138th and China in 147th.

THE ASSOCIATED PRESS

The gift of giving

CONTRIBUTED

What are your three favourite websites? Why?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with kimono exhibition

CRAFTCOUNCILBC.CA

▶ A kimono by Jenefer Pleadwell.

Granville Island is famous for its farmers' market and seafood restaurants, but it's also home to a bustling artisan and arts community that welcomes visitors into its many shops and boutiques. Worth checking out is an innovative new craft and arts exhibit launching today, showcasing — of all things — luxury kimonos.

Artists Jessica de Haas and Jenefer Pleadwell say the designs showcase the clean, traditional lines of the kimono and offer variations of this style of garment in a more modern, wearable form. Warped, Wrapped, Textured runs until Oct. 17 at the Crafthouse at 1386 Cartwright St. For more information, visit craftcouncilbc.ca.

KRISTEN THOMPSON

You snooze, you lose sale.

Rush in and get up to a **$75** credit.

+

Early Nights and Weekends starting at 6pm now included on all plans.*

Offer expires on September 13.

INQ Chat 3G

$0 | $179.99
2 or 3 year term | No term
SAVE $179.99

Samsung Intensity™

$0 | $129.99
3 year term | No term
SAVE $129.99

BlackBerry® Curve™ 8530

$9.99† | $349.99
3 year term | No term
SAVE $340

Motorola Charm™

$29.99 | $249.99
3 year term | No term
SAVE $220

$50 credit on select messaging phones‡

$75 credit on select smartphones‡

telusmobility.com

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP · BEST BUY · LONDON DRUGS · Visions · BLACK'S

Phone availability and prices may vary. Order fulfillment is based on product availability. The price indicates total after term contract credit. Prices are subject to change without notice. *Available to new consumer activations on a 3 year service agreement until September 13, 2010. †Available to clients who activate or renew with a smartphone voice and data rate plan of $50 or greater, or on a BlackBerry Social or BlackBerry Email & IM rate plan. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. ‡Credit will be applied in-store on a select device or accessories. Offer available until September 13, 2010, unless otherwise indicated. Offer available for new client activations on a 2 or 3 year term only. Applicable on PCS postpaid activations only. This offer can be combined with other in-market promotions. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Google Maps, Android and Gmail are trademarks of Google, Inc. Twitter is a trademark of Twitter, Inc. in the United States and other countries. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2010 TELUS.

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver
551 Robson St.
Bentall Centre
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
689 Thurlow St.
925 West Georgia St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
525 Seymour St.
625 Howe St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Coquitlam
Coquitlam Centre
2700B Barnet Hwy.
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

West Vancouver
Park Royal Shopping Centre North/South

Whistler
7009 Nesters Rd.

Squamish
Garibaldi Village
40242 Glenalder Pl.

2 scene

GETTY IMAGES

▶ Interpol, with guitarist Daniel Kessler, left, drummer Samuel Fogarino, and singer Paul Banks, performs on the Tonight Show.

Interpol revives atmospheric sound

Group leaves major label EMI to join familiar Matador ● New album 'most progressive'

CAM LINDSAY
SCENE@METRONEWS.CA

An established indie band signing to a major label is a story that's been told countless times. But Interpol's version has a different twist. After leaving EMI following the release of 2007's Our Love To Admire, they've returned to Matador, the independent label they originally called home.

"There have been a lot of changes in the music industry. When we had the opportunity to part ways with EMI we made a mutual decision," says guitarist Daniel Kessler. "We didn't consider anyone else but Matador. We always retained a great friendship with them and always admired them."

Having released their first two albums on Matador, 2002's seminal debut Turn On The Bright Lights and 2004's exceptional Antics, both the band and label are counting on recapturing that spark again with their new self-titled album.

Kessler feels it offers something both new and familiar. "There are threads you will recognize that this is obviously Interpol," he explains. "I also think it's our most progressive record to date."

"All of our records are documents of what we're trying to say at that time. We feel like our band evolves and this record is an evolution from our last one."
DANIEL KESSLER

Building on the sweeping orchestral arrangements of its predecessor, Interpol expands the compass of the band's overcast, atmospheric rock.

"With Our Love To Admire, there were some things that foreshadowed what was to come with this record. There's a greater expansion of harmonies and melodies."

Most importantly, Kessler says the band wanted to shift the focus away from song-driven iTunes generation back to the good old days of listening to a complete album.

"We're really very much an album band and not into catering to the modern age," he says. "It's really about the ten songs and how they correspond to each other. It's been like that since day one."

Moving on

When news of a new Interpol album came earlier this year, so did the announcement that original bassist Carlos D had left the band to "pursue new goals," says Kessler. "It's a life choice when someone decides they need to venture their own way and even step out of a rock band and look at other interests that demand their attention. We accepted that and as far as adjusting every day is a bit different."

News in brief

Saturday Night Live will launch its 36th season on Sept. 25 with host Amy Poehler and musical guest Katy Perry. Poehler is a former SNL cast member. Perry's No. 1 smash California Gurls has become the song of the summer.
THE ASSOCIATED PRESS

Willem Dafoe plays a novelist hiding a secret in A Woman directed by wife Giada Colagrande

The xx wins U.K.'s Mercury Music Prize

Electronic trio The xx has won Britain's Barclaycard Mercury Prize for their debut album, called "xx."

The London band won the $30,000 prize over 11 other shortlisted acts at a ceremony in London Tuesday. The group beat its more well-known competitors, which included bookies' favourite Paul Weller, singer Corinne Bailey Rae and Dizzee Rascal.

Frontman Oliver Sim said he was stunned by the news: "I don't know what we were expecting, but we weren't expecting this."

The award has honoured the best album of the year by a British or Irish band since 1992. Previous winners include the Arctic Monkeys and Scottish rockers Franz Ferdinand. THE ASSOCIATED PRESS

DAVE HOGAN/GETTY IMAGES

▶ Oliver Sim, Romy Madley Croft and Jamie Smith of The XX pose after winning the 2010 Mercury Music Prize 2010.

Underwood isn't quitting day job

Country superstar makes her acting debut in upcoming movie Soul Surfer

Carrie Underwood thought she'd walk away from her first movie experience vowing to stick to her day job.

But after a recent screening of the upcoming movie Soul Surfer, Underwood found she wasn't as bad as she thought she'd be.

"I really liked how everything turned out, including myself," Underwood said in an interview Tuesday. "I was really expecting the worst from myself, and I really surprised myself."

The Grammy-winning country superstar plays a youth counsellor in the film, which is based on the story of Bethany Hamilton, who lost her arm in a shark attack.

"It's definitely an uplifting movie," said Underwood.

"Everybody would definitely feel a lot better coming out than they did coming in."

Although she gives herself good marks for her work on the film, Underwood said she's not ready to carry a movie just yet.

"There are people that are absolutely amazing actors and actresses, and I am not one of those, though who's to say one day; you never know, maybe I will be," she said. "But I'm definitely new at this and just doing what's fun right now, and I love my music; that's my first love."

The second stage of her Play On tour starts Sept. 25 in Portland, Ore., sponsored by Olay; she became the company's first North American spokeswoman yesterday.

It will be Underwood's first tour since her summer wedding to professional hockey player Mike Fisher.

"It's kind of like my season, my tour, starts the same time his season does. It will definitely be a challenge but we love each other and we love what we do, so there's no reason we can't have it all," she said.

"Next year will be an easier year for me. As soon as my tour is over, I'll be hanging out with him a lot more."

Underwood will host the Country Music Association Awards in Nashville, Tenn., on Nov. 10 with Brad Paisley.

While she's nominated for female vocalist and album of the year for Play On, some fans wanted her to also get a nomination for entertainer of the year, the award show's highet honour.

"I'd like to see that, too," she laughed.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Carrie Underwood

Katy Perry follows her 'dream'

Hit album proves initial success no fluke **Shows different sides**

To some, the most surprising part of Katy Perry's sophomore success is that it exists.

After all, this was the ever effervescent girl who rose to fame two years ago with a song about girl-on-girl action. She dressed like a cross between Betty Boop and Judy Jetson and sang songs about metrosexual boyfriends and partying in Vegas.

Fun and catchy — but surely not built to last.

Cut to 2010, and it's been Perry's year. Her No. 1 smash California Gurls has become the song of the summer. She's got another big hit with the racy Teenage Dream, and her second album of the same name debuted at the top of the charts last week, selling a little over 192,000 copies for one of the year's best debuts, according to Nielsen SoundScan.

And her engagement to British comedian Russell Brand hasn't hurt her exploding star power.

"It's really validating, but not in like a mean girls' kind of way feeling," says a wide-eyed Perry, with her girlish voice, in a recent interview. "I've always believed in myself and it's just wonderful that people can finally jump on the train and be a part of something really exciting."

The 25-year-old California girl hasn't toned down the zaniness much on her latest album — and listeners get the feeling she couldn't if she tried.

The video for California Gurls, the infectious pop groove featuring Snoop Dogg, features Perry in a sexy version of Candy Land, and the theme continues with her album.

Teenage Dream features songs about toxic relationships, moments of conflict, self-doubt and even inspiration. "(This album) shows the evolution that people weren't expecting," says Amy Doyle, executive vice-president of music and talent programming.at MTV. "There are songs on this album that go a little deeper into her feelings and aren't just these poppy little numbers." THE ASSOCIATED PRESS

PVR

VICTORIA WILL/THE ASSOCIATED PRESS

▶ Perry calls the album her "black box" — where she reveals Katy Perry the artist, often obscured by Katy Perry the caricature.

Love Story

Katy Perry and Russell Brand became engaged in January after a whirlwind romance, and their relationship and impending nuptials have made them tabloid favourites. "We've decided that after we get married, we're not going to talk about our relationship anymore, because it's like, we're married, so we're married. What more can I say?" says Perry. "But I think that we understand the general excitement, and we're two people in love, and people in love like to tell people we are in love."

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Interpol fails to build on foundation

Interpol
Album: Inerpol
Label: Matador
●●●

Everyone wants to have a strong first disc, but for Interpol, their 2002 debut may have been too good. The New York City-based band has never quite been able to follow up Turn on the Bright Light's brilliant hooks and critical acclaim. They reached a low point on 2007's epic Our Love to Admire, then lost bassist Carlos Dengler last May — you can't help but wonder if Interpol's time is finally up.

Their fourth record doesn't hold any clues to Interpol's future. The band have said that this self-titled disc is a return to their roots — and it does recall some of their first disc's tight riffs and haunting atmospherics, but it's not as captivating. Songs start strong — Lights' slow building verses are stunning, but the track goes nowhere. Summer Well has a nice new wave bounce, but it's missing the hook. The whole album follows that pattern; the songs have a solid foundation, but there's nothing built on top of it.

What's next for the band? This uneven disc proves they have some life left, but if they can't turn good songs into great ones they may want to consider following Carlos' lead and find a new career.

Outstanding track: Barricade ● BRYAN BORZYKOWSKI

Winter Gloves
Album: All Red
Label: Paper Bag
●●●●

To put it simply, the Winter Gloves are a pop band. They play bouncy, upbeat infectious music that should be agreeable to just about anyone. But the group does a lot more than write fun hooks. Their latest is a big improvement over their debut, thanks to their liberal use of keyboards and effects. Gym Class's spacey opening and fuzzy electro riffs, Use Your Lips' crunchy bass and Tooth Fairy's Of Montreal-like keys point to a new maturity for the group.

Outstanding track: Plastic Slides ● BRYAN BORZYKOWSKI

Robyn
Album: Body Talk Pt. 2
Label: Konichiwa/Interscope
●●●●½

The second of three Robyn albums set for 2010, Body Talk Pt. 2 is the more club-oriented yang to its predecessor's pop-heavy yin. With renowned hands like Diplo and Kleerup producing and Snoop Dogg dropping f-bomb-laden hooks on supersonic duet U Should Have Known, Robyn's wistful yet sassy songs own the dance floor. Unlike most sequels, Pt. 2 is harder, better, faster and stronger than Pt. 1.

Outstanding track: Hang With Me ● CAM LINDSAY

Bachman & Turner
Album: Bachman & Turner
Label: E1
●●●

In the '70s Randy Bachman and Fred Turner got no respect from the critics, but plenty from fans. BTO's formula was simple — brief, but scorching, guitar solos soaring over galloping chord progressions and catch-phrase choruses sung with caveman bravado. More than 20 years after the band broke up in a flurry of litigation, Bachman and Turner are back. And they sound exactly the same. The songs have changed, of course. They're all new originals. But the sound hasn't.

Outstanding track: Rollin' On ● GRAHAM ROCKINGHAM

CANADIAN TIRE BANK

EARN MORE WITH A CANADIAN TIRE SAVINGS ACCOUNT

3.50%[1] For 90 days on a new Canadian Tire Tax Free™ High Interest Savings account*

2.50%[1] For 90 days on a new Canadian Tire High Interest Savings® account*

LIMITED TIME OFFER

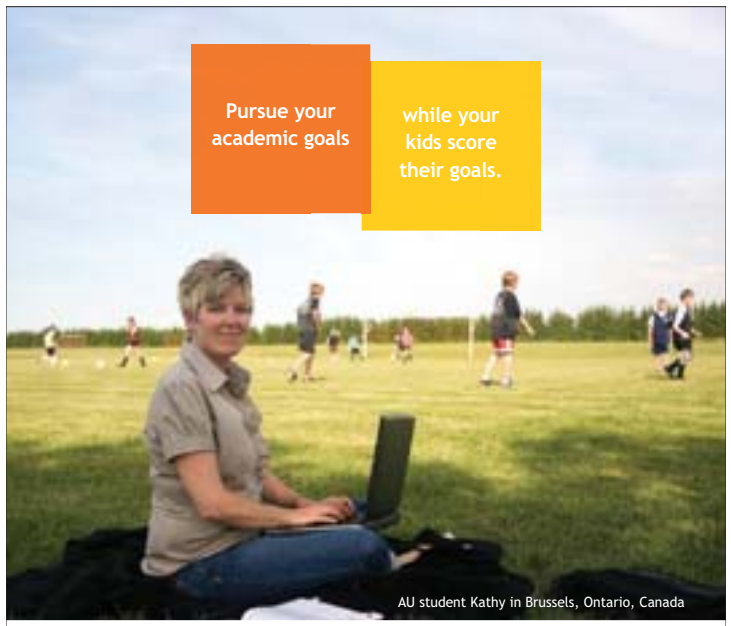
Call 1-866-606-2837
or visit myctfs.com/metro for more details

* The Canadian Tire High Interest Savings® account (HISA) and the Canadian Tire Tax Free™ High Interest Savings account (Tax Free HISA) are provided by and issued by Canadian Tire Bank, a member of Canada Deposit Insurance Corporation (CDIC). The HISA and Tax Free HISA are hereinafter referred to as "the Account". Products are not currently available for residents of Quebec.

[1] Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA) which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the Tax Free HISA, as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00% per annum. The bonus rate applies only (i) to a customer's first Account (including Joint Accounts, where applicable) provided your first deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (ii) to balances up to and including $100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfeit the bonus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over $100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is paid monthly and is calculated daily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.

®/™ The trademarks of Canadian Tire Corporation, Limited are used under licence.

09/10 • 587



Fit your degree into your schedule with Athabasca University.

▪ At Athabasca University, flexible study times mean you can spend time with your family, work at your job, and pursue your education as well. ▪ That's exactly what AU student Kathy is doing. She works full-time in the HR field, and is also pursuing her AU Bachelor of Human Resources and Labour Relations degree. ▪ Kathy fits in her study time at home at night, during her kids' sporting events, and even completed an essay during her vacation while sitting around the pool. ▪ Academic flexibility. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca 1-800-788-9041 | Athabasca University

solo gig, but says Outkast will be back

RICK DIAMOND/GETTY IMAGES

▶ Big Boi

Big Boi is savouring this victory.

The Atlanta rapper — one-half of the six-time Grammy-winning duo Outkast — spent years watching as his solo debut Sir Lucious Left Foot: The Son of Chico Dusty languished in record-label limbo.

It was finally released this year to widespread critical acclaim, and Big Boi feels his effort has been rewarded.

"The fans dig it, that's what it's all about," he said in a recent interview. "You want to make music that they love and that they can live by.

"You know, as long as they're digging it man, I'm a happy camper."

Lately, he's had plenty of reason to be upbeat.

Sir Lucious Left Foot opened at No. 3 on the U.S. charts and No. 20 in Canada. While it hasn't posted the sort of commercial numbers associated with an Outkast record it's been a hit with critics.

The 35-year-old seems a long way from the frustration that punctuated his first solo foray.

The record has been widely praised for its crafty lyricism, head-knocking beats and diverse production. He had much of the record finished more than a year ago, including the earth-shattering electro-funk of lead single Shutterbugg, but Jive Records wasn't sold on the album — they wanted something more radio-friendly.

Ultimately, he left the label for Def Jam. Jive reportedly barred the use of certain singles that featured his Outkast bandmate and close friend Andre 3000, including the Grammy-nominated Royal Flush, because Outkast is still under contract with the label.

Big Boi has been consistent in saying that Outkast would reunite for another record, which would mean working again with Jive.

"I'm contractually obligated," he said. "I got a deal with Def Jam and also I'm signed with Outkast to Jive too, so I got two record deals. THE ASSOCIATED PRESS

Sara Bareilles has a change of heart

Singer gets awkward with Pharrell while working on new CD

GILBERT CARRASQUILLO/GETTY IMAGES

▶ Kaleidoscope Heart is the new album from Sara Bareilles.

The idea of Sara Bareilles and Pharrell working on music sounds odd enough — but it's not nearly as awkward as the actual event.

The piano-playing songstress was exploring a new sound for her sophomore CD when she decided to try and work with the hitmaker for Jay-Z, Justin Timberlake, Gwen Stefani and more. When she walked in for her recording session, Pharrell was getting a haircut.

It went downhill from there.

"I'm not a very good collaborator and I didn't really know how to do it. ... I felt really uncomfortable with just the process and so I think that's why we didn't really get anything out of it," Bareilles said.

Though the 30-year-old earned Grammy nods for her breakthrough hit, Love Song, Bareilles said she struggled to come up with new material for the follow-up to her platinum-selling 2007 debut, Little Voice.

"I hadn't really prepared for what would come after that," she said.

Then she recorded Uncharted, a pop tune about messing up — and moving along. Things got easier after that.

Bareilles talked recently about the steps that led to Kaleidoscope Heart, out this week.

Why is songwriting with others tough for you?

I'm not a great co-writer. I have a lot of respect for people that can do it well, I'm just terrible at it. ... I don't know. I feel like what comes out of it is always something I feel a sense of detachment to and it sort of makes me feel like, I don't know, unable or unwilling to want to sing it as a part of my normal repertoire.

Those songs you recorded with Pharrell — where will they end up?

I would love to probably re-approach it instead of using what we ended up with. I'd love to do it again now that it's not such a new experience. I think I have that tendency where my knee-jerk reaction is to sort of clam up and close myself off from doing something I've never done before. And it's totally something I'm trying to let go of. I don't know why I get so, I don't know, nervous? I think I was star-struck, honestly.

How did you come up with the first single?

King of Anything was sort of a pep talk, it's actually very similar to the way Love Song came about. ... It was written at the point where I was just starting to share the music and then people start to give you their feedback on it and you're like, "Oh, you don't like that part and you think I should change those words." (Laughs.) ... There's lots of people that aren't going to like this record, you know, that don't like my music anyway and people feel very vocal. Like, people are really brave in what they say to you these days.

Did you always want to be a singer?

I don't know if I articulated that in my brain as a child, but I think I always felt like that was where I was the most confident and at peace and felt like it was my calling. I think I always thought I would do theatre though because I grew up doing musical theatre. So I think I always sort of anticipated, like, being on Broadway or something.

Heading to Broadway soon?

Oh god I would love it. ... I have mad respect for the performers on Broadway and I would only want to do it if I could do an incredible job. ... So I think I would have some homework to do before I could step up on stage.

A lot of contemporary singers have delved into a more electro-pop, dance sound. Are you next?

I feel like it would feel like wearing somebody else's underwear because it's really not (laughs) ... it doesn't feel kind of congruent with who I really think I am musically. But you never know. There's great collaborations out there and I think there would be a way to do it musically where it felt good to me, but it's not immediately a genre I've always loved or wanted to do.

You should do a song with Carlos Santana.

Me and Santana? OK. Can you make that happen? Give him a call.
THE ASSOCIATED PRESS

PVRR

GETTY IMAGES

▶ Piers Morgan tackles prime-time on CNN.

CNN's got talent

▶ British journalist to start in January as Larry King's replacement at CNN ▶ His selection had been widely expected for several months

CNN says Piers Morgan of America's Got Talent will replace Larry King on the network's prime-time lineup in January.

Morgan, a veteran journalist who hosts a popular interview program in Britain, will do a similar show for CNN.

CNN President Jon Klein says Morgan is "able to look at all aspects of the news with style and humour, with an occasional good laugh in the process."

The struggling news network will debut another prime-time show with former New York Gov. Eliot Spitzer and columnist Kathleen Parker in October.

THE ASSOCIATED PRESS

Kevin Smith
Morgan Freeman
Lee Daniels
Jason Reitman
Molly Ringwald
Terry Gilliam
Harvey Fierstein
Xavier Dolan
Kris Kristofferson
Claire Danes
Jonathan Demme
Bruce Greenwood
Sidney Poitier
Pam Grier
Van Morrison
Tom Waits
Woody Allen
Chris Rock
Paul McCartney
Paul Shaffer
Dolly Parton
Michael Moore
David Foster
Diana Krall
Yoko Ono
Harry Belafonte
Kids in the Hall
k.d. lang
Robert Lepage
Bruce Cockburn
Barbara Walters
Steven Page
Buffy St. Marie
Brent Butt
Tony Bennett
M.Ward
Chick Corea
William H. Macy
Ornette Coleman
David Sedaris
Salman Rushdie
Gordon Lightfoot
Viggo Mortensen
Eric Idle
Isabella Rossellini
Shatner

Jian Ghomeshi:
You'd make a film here in Canada?

"Okay, but not TOO far north."

with Jian Ghomeshi

Arts • Culture • Entertainment

Visit the hub of all things Q, cbc.ca/q to watch or listen to interviews, read the Q blog and take in extended uncut interviews.

Weekdays 10am & 10pm

CBC radio one 88.1 FM 690 AM

GETTY IMAGES

Bieber's autograph tops $3,500 on eBay

▶ Justin Bieber

It's an expensive way to get Justin Bieber's autograph.

A school yearbook from Stratford, Ont., with the teen star's signature has reached a bid of more than $3,500 on eBay. A bid topping $9,000 was apparently taken down.

It's one of five Stratford yearbooks featuring the teen heartthrob — some signed, some not — on the eBay site. Another containing Bieber's signature has no takers yet at a starting bid price of more than $5,000, and a buy it now price of $20,000.

THE CANADIAN PRESS

Snooki must do community service

▶ Nicole "Snooki" Polizzi

Calling her "a Lindsay Lohan wannabe," a judge has fined Jersey Shore star Nicole "Snooki" Polizzi $500 and ordered her to perform community service after she pleaded guilty to disturbing others on a New Jersey beach in July.

Her lawyer said Wednesday that Polizzi was under the influence of alcohol when she stumbled around the beach in Seaside Heights, using loud language that disturbed other beachgoers.

Polizzi apologized to police and anyone else she bothered, claiming her behaviour was not scripted as part of the show, even though cameras were rolling.

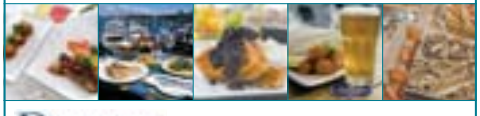
Municipal Court Judge Damian G. Murray gave her credit for one day of community service that she spent caring for abused and neglected animals at a zoo Sunday. THE ASSOCIATED PRESS

GEAR UP FOR PATIO SEASON

Enjoy Chef Jeff Batt's summer menu in a heated gazebo or next to an open fireplaces on the dock.

Open for breakfast, lunch, dinner and weekend brunch

See you Dockside this summer!



Dockside Brewing Co.
1253 Johnston Street (Granville Island)
604-685-7070 • docksidebrewing.com

Glee camps up popularity of music and choir

For Lizzie Guest, 17, the TV show Glee was a life-changer So when she heard about a summer camp based off the hit, she just had to enrol

And given a chance for an encore, she signed up again.

The Charlotte Academy of Music's first Glee Camp in June sparked so much interest from students eager to replicate what they saw on TV, the academy added a second camp, plus created a Glee Club that started practising last week. The camp was among a handful across the United States that rode the wave of Glee popularity to create a show choir comeback.

"When I was younger, it was uncool to be in choir and show choir and all that kind of stuff, but now they see these people who are doing this, and they're sounding amazing."
LIZZIE GUEST

At the camp, 12- to 17-year-olds spent their days in an orange room with brown curtains that blocked the sunshine, learning to sing, twirl and march in sync.

"It was just the most fun in the world," said Guest, of Huntersville, N.C. "When I was younger, it was uncool to be in choir and show choir and all that kind of stuff, but now they see these people who are doing this, and they're sounding amazing … It's making people think that this is actually acceptable, and it's not just acceptable, it's awesome. People who are talented are now cool."

Glee, Fox's hit freshman musical-dramedy, scored 19 Emmy nominations, the most of any series this year. It won four, including best supporting actress and directing for a comedy series.

"We're riding that wave right now," said Regina Ziliani, director of the two-year-old academy, which offers private music and voice lessons, partly to fill in musical gaps in schools. "Everybody is just obsessed with Glee."

But its popularity comes as budget cuts prompt schools to further shrink their musical offerings for students.

Non-profit community arts providers, many of which partner with local schools, also have been forced to reduce their offerings, cut staff and offer less financial aid amid the recession, according to the National Guild for Community Arts Education's May 2009 survey of its members.

"With shows like Glee returning this fall, kids are going back to school with a greater desire to make music," said Scott Robertson, spokesman for California-based National Association of Music Merchants. "Many schools across the country continue to reduce music and arts education or cut music programs altogether. Yet, according to our latest research, kids want more than ever to learn how to play instruments, join the glee club, or perform in school musicals."

That's fuelled not only by Glee, he said, but also other music-making TV shows such as iCarly, Big Time Rush and the Camp Rock movies.

It's difficult to measure the current popularity of glee camps and clubs, with officials at national music and camp organizations saying they haven't tracked it. But the number of accredited performing arts camps was already on the rise before the first season of Glee aired a year ago, from 527 in 2001 to 804 in 2007, according to the Indiana-based American Camp Association.

"Anecdotally, we know that several camps have added or revised their music program offerings based on the popularity of TV shows and movies," said association CEO Peg Smith. "Camps that specialize in music, theatre, and the performing arts are popular options for families. There truly is a camp for every child."

At the Charlotte Academy of Music, teens said Glee Camp boosted their self-esteem, and parents who attended the end-of-week performance said it showed.

"She's been really happy. She goes around singing all the time," Susan Guest said of her daughter, Lizzie.

Camp instructor Tracy Davis Davenport expects to do it again next summer.

"I think they all come to camp because they want to aspire" to be like the cast of Glee, she said. "They get a glimpse of what actually happens."

THE ASSOCIATED PRESS

SEANNA ADCOX/THE ASSOCIATED PRESS

▶ Samantha Savery, 14, of Marshville, N.C., Malik Jefferson, 15, of Charlotte, N.C., and Ashley Martin, 17, of Mint Hill, N.C., participate in Charlotte Academy of Music's Glee Camp.

Confidence

- Fifteen-year-old Malik Jefferson of Charlotte, who wore his collar up while practising to signify his love of '80s music, was excited about his first solo to Journey's Don't Stop Believing.
- "It certainly has boosted his confidence," said his mom, Mercedes Jefferson. "I've noticed a big difference just from listening to him practise throughout the week."
- Later that week, he auditioned for and made the cut for Glee Club.

PVRTweets

Tell us what you are recording @vancouvermetro

Name your favourite TV pet:

@steveoby Skippy the bush kangaroo
@megelizah eddie from frasier! There's something very endearing about martin's unconditional love for the dog his sons' hate.
@gojo8 Eddie from Frasier; a close 2nd is Lassie
@dpianofingers Eddie (or Moose) from Frasier
@jdeslippe Rowdy, the stuffed dog from Scrubs LOL
@Kittyesun Comet from Full House :)

TELUS
Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv

PVRRR

Record 3 shows at once
with 1 PVR. Only with Optik TV.

FREE HD PVR rental when you sign up*
PLUS $20 off any Optik™ TV package for 3 months†

Get it all on the new TELUS Fibre Optic Network‡

Call 310-MYTV (6988)
or visit telus.com/optiktv

TELUS
the future is friendly®

*Offer available on a 3 year Optik TV service agreement until November 9, 2010, to residential clients who have not subscribed within the past 90 days to Optik TV service. TELUS Home Phone or High Speed Internet service required. †New TV clients receive $20 off the regular price in months 1, 2 and 3. ‡Fibre optics may service all or part of your network connection, depending on location. © 2010 TELUS.

NATURAL AND HEALTHY SLIMMING
– with Apple Cider 600!

Nature contains some of the best ingredients for promoting healthy and natural weight loss. One of the oldest remedies is apple cider vinegar, used for centuries as the natural way to lose weight. With time, it has been found that when combining specific natural extracts, we enhance the weight loss effect significantly. This is how Apple Cider 600 was developed.

New Nordic is a Scandinavian manufacturer of natural products, and Apple Cider 600 is one of our best sellers for slimming. It is based on a strong apple cider vinegar extract, with the addition of high concentrations of dandelion and artichoke. Together, these ingredients work to break down fat, suppress appetite and stimulate the metabolism, all needed for optimal fat loss.

I lost 16 pounds in 6 weeks!

"Apple Cider 600 works great. In 6 weeks my weight went from 153 lbs to 137 lbs. The best part is that I finally lost weight from my legs – lots of weight! I didn't exercise while taking Apple Cider 600, but I was careful not to eat unhealthy snacks and I drank a lot of water.

I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled about my new body!" - **Monique, QC**

Water retention makes you bloat!

Weight gain is a combination of fat and water retention, but most people focus only on the fat. However, it's possible to retain and carry five to ten pounds of extra fluid - weight that can be eliminated with diuretics, such as dandelion.

Apple Cider 600 is available at most pharmacies, superstores and health food stores such as GNC and Alive. For more information or to purchase online, please visit **www.newnordic.ca** or call 1- 877-My-Nordic.

Look for our other slimming products at your local pharmacy or health food store:

Biofirm: The No.1 Detox product in Europe

Mulberry: A natural way to eliminate sugar cravings.

Chili Burn: A natural way to increase fat burning, using spices

The night that won't go away

Deputy who arrested Mel Gibson sues his police department Says he's been discriminated against

The Los Angeles sheriff's deputy who arrested Mel Gibson for drunken driving in 2006 sued his department on Tuesday, claiming he has since been ostracized and passed over for promotions by the agency.

Deputy James Mee's lawsuit seeks unspecified damages for loss of income and benefits, medical expenses and for emotional distress and mental suffering. Mee, who is Jewish, claims he was forced by his superiors to remove references to anti-Semitic slurs uttered by the actor-director during the arrest. Part of that report containing the slurs was leaked to the celebrity website TMZ.com, which also first reported the lawsuit.

Mee claims he was transferred after Gibson's arrest and has not been awarded promotions to a traffic investigator or motorcycle deputy position because of the alleged discrimination. The lawsuit claims the department violated its policies by taking four years to investigate the leak and that has hurt Mee's ability to be promoted.

Sheriff's spokesman Steve Whitmore denied the allegations.

"The whole story is not being told in this lawsuit and we look forward to telling it," Whitmore said. "It has nothing to do with religious discrimination. We categorically deny those allegations."

Mee was the subject of a criminal investigation into the leaking of his initial report. The Los Angeles district attorney's office declined to file charges against the deputy.

Mee joined the sheriff's department in May 1989, according to his lawsuit.

In addition to stating that he was forced to alter his report on Gibson's arrest, the lawsuit claims one of his sergeants erased a videotape taken of Gibson in a booking area.

Mee's attorney, Etan Z. Lorant, said the video was taken with a handheld camera and showed Gibson uttering religious slurs. The filing claims the deputy was discriminated against after complaining about the taping and being forced to change his initial report on the arrest.

Whitmore said none of the evidence taken during Gibson's arrest had been destroyed. Lorant said Mee, 55, wants his reputation with the department to be restored and he hopes the lawsuit will resolve that. "He's done nothing wrong," Lorant said.

▶ James Mee

METRO NEWS SERVICES

▶ Gibson was convicted of drunk driving

Gibson apologized for his anti-Semitic tirade after his arrest, saying that he had battled alcoholism for all of his adult life. He complied with all the terms of the probation given in the drunken driving case, and his conviction was expunged last year.

The Academy Award-winning director and actor has been embroiled in a bitter custody fight with his ex-girlfriend, Oksana Grigorieva, over their infant daughter. Grigorieva said Gibson physically abused her in January and the sheriff's department turned over its investigation of her complaint — made months after the incident — to the district attorney. THE ASSOCIATED PRESS

TV picks

A woman on the run

SPY HARD. One of the most buzzed about new series is the sexy drama Nikita. Filmed in Toronto, the show is a reboot of the 1990 film and subsequent TV series about a female spy who goes rogue. In the premiere, we learn Nikita has been on the run from her former bosses for three years. She joined their secretive group as a troubled teen, but was eventually betrayed by the only people she thought she could trust. (A)

Attack of the monster video

NEW YORK. The monster movie "Cloverfield" takes the shaky-camera schtick through some campy thrills and chills in this 2008 indie. The premise is simple and effective: a video camera records horrific events that unfold as a monstrous creature attacks New York. Skyscrapers topple, people get ripped apart, and Lady Liberty gets a spectacular beheading. (Action)

METRO NEWS SERVICES

New network will offer the right view: Grammer

- Kelsey Grammer puts his money where his ideas are
- Says traditional networks are biased

Kelsey Grammer is an investor and public face supporting a new network that launched yesterday with entertainment designed to appeal to political conservatives.

RightNetwork, whose first series, Running, follows the fortunes of some Tea Party-backed candidates for public office, is also trying a new model to establish itself. It is initially making programming available through video-on-demand services, the Internet and through mobile phones, bypassing the approach of a traditional television network with a spot on channel line-ups.

Investors hope the support of a conservative audience that has made Fox News Channel and radio hosts like Rush Limbaugh successful could also work for entertainment programming, said Kevin McFeeley, RightNetwork's president.

"We feel the precedent has been set," he said.

Grammer, the Emmy-winning star of Frasier, said the network represented a desire by him and some political friends "to stop allowing people who hate us to define us."

"If you have NBC, ABC, you have entire networks flooded with a very particular point of view," he said. "They won't admit it, but it's clearly the way it is. There's plenty of room for us."

Initial programming also includes Right2Laugh, with standup comedians; Politics and Poker, with card players sitting around talking politics; and an entertainment newsmagazine. New episodes are made available every few weeks, McFeeley said. Some of the candidates featured in Running have already lost primary bids.

In the works is a sitcom called Moving Numbers, about quirky political consultants trying to elect a candidate to the U.S. Senate. McFeeley said RightNetwork will also offer some vintage programming, like old episodes of William F. Buckley's Firing Line.

"We're not out to vilify or accuse or identify anybody as an enemy," Grammer said.

"We're out there to encourage people to open their minds and take a look at some things that we as a group of people believe is the right direction for the country."

While Grammer narrates a programming highlight reel available on RightNetwork's website, he hasn't participated as an actor or producer in any of the network's programming. The only other investor the privately held company has identified is Ed Snider, chairman of Comcast-Spectacor and owner of the Philadelphia 76ers and Flyers.

That led to initial false reports this spring that Comcast Corp., the nation's largest cable company, was a backer of RightNetwork. In fact, the network doesn't even have a deal to distribute its programming through Comcast, which aggressively markets video-on-demand offerings. Thus far, Verizon FiOS subscribers are the only people who can access the shows on demand, McFeeley said. Similarly, Nokia is the only mobile phone outlet.

It illustrates the huge challenge RightNetwork faces in trying to build its brand at a time cable and satellite companies have little space to offer new networks, said Derek Baine, a senior analyst at SNL Kagan. Only Anime, which had some limited success with a specialized lineup of Japanese animation, and Fearnet, which offers horror films and has the backing of Comcast and movie distributor Lionsgate, have gone this way, he said.

"The problem is, you've got to get a way for people to find you," Baine said. "Without big marketing dollars, how are people going to know you are on the air?"

McFeeley said the video-on-demand approach will mirror the way people are increasingly watching television, by picking and choosing from programming and making their own schedules. He said the company will specially target potential conservative viewers with email messages touting the product.

With billboards, "we're trying to hit some of the major media markets to let people know that we've arrived," he said.

THE ASSOCIATED PRESS

REED SAXON/ASSOCIATED PRESS FILE

▶ Actor Kelsey Grammer is the most high-profile investor in the new RightNetwork.

"(It's not) right-wing nuts ... We're middle-of-the-road people who have a fairly conservative approach to government."
KELSEY GRAMMER

Big savings on fall travel.
There's lots of reasons to visit California this fall.

From Vancouver:

from $119 San Francisco

from $139 Los Angeles

Book your California adventure today at **westjet.com** or call your travel agent.

*Book by September 13 (11:59 p.m. MT) for travel on Tuesdays, Wednesdays and Saturdays until October 31, 2010. Fares on other days may be higher. Taxes, fees and surcharges are extra where applicable. Fuel surcharge still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Offer combinable with other fares. Flights may not operate on certain days. All fares shown are one way. See westjet.com for details.

Beautiful white sandy beaches.
Breathtaking vineyards.
Golf Courses that are way above par.
Theme parks to thrill the kid in all of us.
Unforgettable shopping that fits any budget.

WESTJET.COM

EVER BEEN CAUGHT BY A BATHROOM EMERGENCY?

There's others out there just like you!

Visit metronews.ca/imodium to view Canadians' worst bathroom mishaps in the IMODIUM® Diarr-hies contest. Vote for your favourites for your chance to

WIN $300 CDN

*No purchase necessary. Enter online at http://www.metronews.ca/imodium by completing member entry form and submitting your story. Contest entry for story submissions runs from August 4th, 2010 to August 15, 2010 voting entry runs from August 11, 2010 to the Contest closes on September 14, 2010. Limit one (1) entry per person during the contest period. There is One (1) Grand Prize available of $5000.00 CDN cash and Three (3) Secondary Prizes each consisting of $300.00 CDN cash available to be won. There are three (3) Tertiary Prizes each consisting of $300.00 CDN cash, to be won by random draw among all eligible votes entries. Must be a resident of Nova Scotia, Ontario, Alberta or British Columbia, who is age of majority or older at time of entry to be eligible to enter and win. Skill testing question must be correctly answered to claim prize. Odds of being selected depend on number of eligible entries received. Employees of sponsor and its agents and affiliates and household members of the above are not eligible. For full set of rules visit http://www.metronews.ca/imodium.

Imodium®

Gyllenhaal and Bilson dating?

Jake Gyllenhaal and Rachel Bilson are reportedly dating, sources tell Hollyscoop, though they're looking to keep things quiet. "They're trying to keep a low profile but they're definitely dating," a source says. Gyllenhaal famously split from Reese Witherspoon last year, while Bilson recently called off her engagement to Hayden Christensen. METRO

Britney facing sex lawsuit

FREAKSHOW. A former bodyguard sued Britney Spears yesterday, claiming the singer repeatedly subjected him to "repeated unwanted sexual advances" and harassment.

Fernando Flores filed the sexual harassment lawsuit in suburban Los Angeles, alleging the singer intentionally inflicted emotional distress.

THE ASSOCIATED PRESS

Stewart denied groping

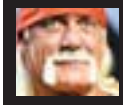
WERE THE CAMERAS AND PEOPLE STARING NATURAL TOO? When Kristen Stewart filmed her make-out scene with Dakota Fanning for The Runaways, she was faced with a few restrictions. "Well, she was 15, and I wasn't allowed to grope her. Everyone's talking about it like it's a huge deal but it was so natural and impulsive. And it's like five seconds in the movie."

METRO

Celebrity tweets

Kanye West [@kanyewest] I feel like it's a good day for some shallow tweeting. You can cut the tension with a knife... Lighten up people!

Peter Serafinowicz [@serafinowicz] It is a moral outrage that a US pastor is planning to burn a Korean.



Hulk Hogan [@Hulk-Hogan4Real] 4am can't sleep. really. Nurses decided after 3days of meds to help rest my back I didn't need it anymore. cool, no sleep no back rst

Diablo Cody [@diablocody] Beauty tip: Exhausted sobbing can cause self-tanner to streak.

50% off data for one year.
Well, you're just full of good ideas.

50% off data. Save up to $210.
Get 50% off any data add-on for up to one year – available on our Always Talk and Always Shout plans.

$20 mail-in rebate
Right now, get a $20 rebate on ANY WIND phone plus an extra $20 rebate on a Huawei U7519.

BlackBerry® Pearl™ 9100 3G | Huawei U8100 | Huawei U1250

WIND™ The Power of Conversation™

3G+

WINDmobile.ca
1-877-WIND-403

Vancouver WIND Stores
116 Davie St.
2228 West 4th Ave.
Park Royal Shopping Centre
3149 Kingsway
Aberdeen Mall
Lonsdale Mall
City Square
Lonsdale Quay Market
Crystal Mall
BLOCKBUSTER® kiosks
5485 West Blvd.
6580 Fraser St.
700 6th St.
2929 Main St.
2201 Kingsway
1905 Lonsdale Ave.
1575 Robson St.
4191 Hastings St.

TERMS AND CONDITIONS APPLY TO ALL CREDITS, OFFERS, AND REBATES. LEARN MORE AT WINDMOBILE.CA.
WIND PHONE REBATE AVAILABLE UNTIL SEPT. 15, 2010. HUAWEI U7519 REBATE AVAILABLE WHILE QUANTITIES LAST. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. ©2010 WIND Mobile. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All trademarks are property of their respective owners. All trademarks are property of their respective owners. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

RBC Royal Bank®

AWARD-WINNING BANKING FOR ALL CANADIANS.

More than 10 million Canadians choose award-winning banking from RBC Royal Bank®.

Award winner in:

- **Branch Service[1]**
- **24/7 Telephone Banking[1]**
- **Financial Advice[1]**
- **24/7 Online Banking[2]**

How can we help you today?
rbc.com/advice

Advice you can bank on™

[1] Shared recipient of the Synovate Best Banking Award 2010 in the noted categories among the Big 5 Banks. Synovate 2010 Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results. Sample size for the total 2010 CSI program year ended August 2010 was 38,978 households. [2] Forrester Research "2009 Canadian Bank Secure Web Site Rankings" (August 2009). ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™Trademarks of Royal Bank of Canada.

3 life

THE POWER OF RED AND A TALL HEEL

CHRISTIAN LOUBOUTIN LOVES TOE CLEAVAGE, HATES THE SOUND OF CLOGS. THE KING OF SHOES TALKS US THROUGH HIS LUST-WORTHY FOOTWEAR.

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro interview

When I called Christian Louboutin, he was in the midst of watching his home country, France, play Mexico in the World Cup.

"Would you mind calling me back in 30 minutes? The game is almost over," he asked with an air of distraction. France lost the game. But was Louboutin heartbroken? Hardly.

"I was betting for Mexico! I was just there. I like that country very much. They have a young crowd, a young team and they're not pretentious. I'm very happy that they won," he said over the phone from Italy where he was visiting his shoe factory. Like his football preferences, Louboutin gravitates toward the unexpected in life. His incredibly sexy heels, which have placed him firmly at the top of the designer shoe food chain, above even Jimmy Choo and Manolo Blahnik, are a testament to that.

What are your earliest memories of fashion?
I was 12. I was in Cannes on holiday with a friend and we happened upon the film festival by accident. We saw a woman being photographed by all these people. She was wearing a long dress in the middle of the day. Her hair was in a chignon. I had never seen anything like this attitude. It was a very fashion moment.

What about your earliest memories of women's shoes?
I was often with my youngest sister, who was 12 years older than I. She was walking up the stairs in front of me. She was wearing cork platforms and I was fascinated by how she could walk in those platforms up six flights of stairs. And I remember seeing the cabaret. It influenced my with showgirls. I didn't know fashion at 12, but I knew wanted to design for those showgirls.

Speaking of showgirls, you did a musical film short for the website FashionAir not so long ago. Is there a part of you that would like to be a dancer?
I've always liked to dance. When I was at a club, I was very much the actor. I was never the spectator. I really like the people at FashionAir, so I agreed to do the short. But it was really painful to watch. I was too self-conscious. And my pants were way up the ass thanks to the suspenders I was wearing.

Your shoes are arguably fashion's most coveted. Can you pinpoint a turning point in your career?
It wasn't necessarily a shift, per se, but I think that September 11th was a big moment for my company. That was 10 years from the year that I started my company in 1991. I had survived after 10 years.

Your shoes epitomize sex for many people. What symbolizes sex to you?
The voice is very sexy. And cleverness s very sexy. Sometimes people can look very sexy on the outside and be stupid intellectually. People who are incredibly flirtatious have to be funny and smart. It's the difference between eroticism and pornography. The difference is what lies between the lines. I do like suggestions. Suggestions instead of pure show. Think about low cleavage, about how it draws the eyes to the breast. It is the same with shoes. I've had a lot of women tell me that it's too much to show toe cleavage in a shoe. They say it's too embarrassing. But I'm like, "You wear sandals where your toes are completely exposed." And they say, "But it's different." I agree. It is different. It's the difference between suggestion and showing everything.

Are there any shoes that you absolutely hate the sound of?
Clogs. I would banish them from the earth if I could. I just don't think it's a pretty sound when you hear women walk in them. It's really wooden, not nice.

Branded

Gap Inc. Canada has launched online shopping in Canada with a three-in-one store that features the Gap, Old Navy and Banana Republic. With a newly built fulfilment centre in Bolton, Ontario, shoppers won't encounter unexpected delays at the border or surprise customs fees — everything is shipped Canada Post. Returns can be done directly in store and, for the launch, shipping is free. Gap Canada hopes this new site will make it easier for shoppers to find their perfect outfit, plus great back-to-school items for kids, any time of day or night.
METRO

These 'divas' hunt and fish: Texas group help women find their outdoor niche

Student Cents

Understanding how to use credit is the key to managing debt and ensuring you can repay the debt you take on.

NOT ALL DEBT IS EQUAL

When 23-year-old Cate Lorimer was an exchange student attending Karlstad University in Sweden, she got stranded at the Stockholm airport.

It was 3 a.m. and with her flight delayed until morning, Lorimer didn't feel comfortable waiting around. She got a hotel room and put it on her credit card and stayed there for several hours.

"Now that was an emergency," says Lorimer, a communications major, who always carried a student credit card just in case – during her year abroad and while she studied at Wilfrid Laurier University in Waterloo, Ont. When she was living in Europe, the credit limit on the credit card was increased to $1500; otherwise, it was $500.

"A low amount of credit is a good idea because it keeps you from going 'credit card happy' and getting into financial trouble." And she and her parents had a deal: they covered emergency spending, and Lorimer paid for any other purchases she made.

Cate Lorimer, who studied in Europe for a year, kept a close watch on her spending while she was there.

Using a credit card for emergencies makes sense, says Kavita Joshi, Director, Student Markets, RBC. Along with a student credit line, it is one of several financial tools that can help manage all the costs – and cash flow – of going to university.

About half of all post-secondary students in Canada need to borrow money in some way to get through school. "The key to being a successful borrower is to know how to use credit wisely," says Joshi. "Be sure to borrow only what you can afford to pay back. And, always make monthly repayments on time."

Choosing the financial products that will work best for you really depends on your spending habits and ability to manage your finances. If you know that you won't spend more than you can pay off each month for example, a credit card would be a convenient way to make most of your purchases and to build credit history. On the other hand, if you tend to over-spend it would be wise to always pay with cash or a debit card. A debit card has built-in discipline because you can't spend more than you have in your account. If you are paying for a larger, long-term expense such as tuition, a student credit line is best because it generally has a lower interest rate than credit cards.

CREDIT CHECK

Credit lets you buy products and services today and pay for them later. "It's important to borrow wisely and never more than you really need," says Joshi.

Sit down with a representative from your bank to discuss how credit can be used in your financial situation.

- *A STUDENT LOAN is interest free until graduation.*
- *A CREDIT CARD has high interest charges and is recommended for short term expenses and emergencies and purchases that you can pay back within each card payment cycle; otherwise, you will incur interest. Certain cards provide reward points.*
- *A LINE OF CREDIT is preferred for longer-term borrowing since it has lower interest rates than credit cards and you only borrow the portion of the credit line that you need. It doesn't cost anything when you don't use it, says Joshi.*

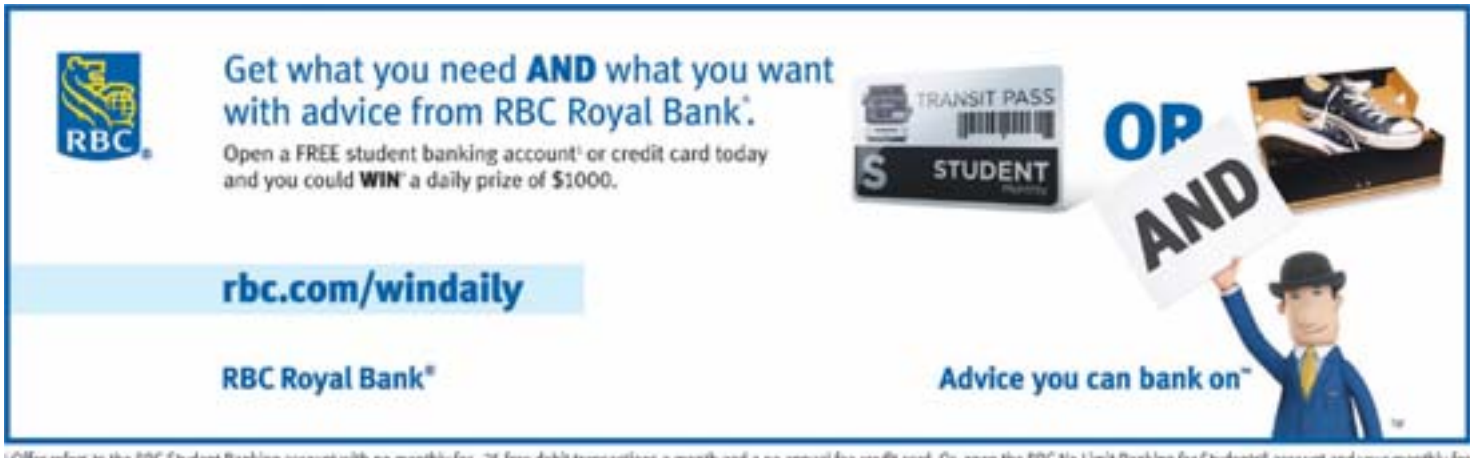
DEBT: A CHECKLIST FOR STUDENTS

Different financial tools can help you organize finances. Be sure to speak to the bank about online banking and special accounts for students.

Here's a checklist:

- ✓ *Always live within your means*
- ✓ *Understand which expenses are controllable (food, entertainment, clothing, transportation) and which aren't (tuition, rent)... and get a handle on the controllable ones.*
- ✓ *Emergencies happen. Use a credit card when you need a helping hand.*
- ✓ *If you're not much of a spend thrift, leave your credit card at home when you go shopping and use cash or debit.*
- ✓ *Before buying something unplanned, ask yourself first: "Do I really need this?".*
- ✓ *Pay your credit card balance off every month, in full, on time. You'll graduate in good financial shape and with a good credit rating.*

*Visit **www.betterstudentlife.ca**. to see which kind of debt is right for you.*


RBC
Get what you need AND what you want with advice from RBC Royal Bank®.
Open a FREE student banking account¹ or credit card today and you could WIN™ a daily prize of $1000.
TRANSIT PASS
STUDENT
OP
AND
rbc.com/windaily
RBC Royal Bank®
Advice you can bank on™

¹Offer refers to the RBC Student Banking account with no monthly fee, 25 free debit transactions a month and a no annual fee credit card. Or, open the RBC No Limit Banking for Students® account and your monthly fee will be fully rebated when you also hold a qualifying investment and credit card. For full offer and product details please visit www.rbc.com/student. ™No purchase necessary. Contest runs from July 1, 2010 to September 30, 2010. Weekly draws begin July 6, 2010. Winners will be announced daily starting on July 9, 2010 throughout the Contest Period. For full Contest rules and how to enter without purchase, please visit www.rbc.com/rules. ® Registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada.

STOP HAIR LOSS
Spectral DNC - the world's most effective hair loss treatment.
Uses active ingredients to treat androgenic alopecia and other types of hair loss. Clinically proven to regrow hair.
Suitable for men and women.
604.688.4555
433 davie street
shopmasc.com
masc

Lanvin to design for H&M

THIBAULT CAMUS/THE ASSOCIATED PRESS

▶ Lanvin fashion house

Lanvin has become the latest top-tier brand to team with H&M.

The famed French fashion house has been announced as the next designer collaboration with the fast-fashion retailer.

The H&M line will be designed by Lanvin's artistic director, Alber Elbaz, and menswear designer Lucas Ossendrijver.

Both womenswear and menswear collections will be revealed Nov. 2. In a twist, the items will be unveiled through a special film slated to be launched on that date.

The collection will go on sale Nov. 23 in just over 200 H&M stores worldwide.

"H&M approached us to collaborate, and see if we could translate the dream we created at Lanvin to a wider audience, not just a dress for less," said Elbaz in a statement.

"I have said in the past that I would never do a mass-market collection, but what intrigued me was the idea of H&M going luxury rather than Lanvin going public. This has been an exceptional exercise, where two companies at opposite poles can work together because we share the same philosophy." **THE CANADIAN PRESS**

YYOGA
south granville
now open at
1650 w. broadway (at fir)
Try 2 weeks for $30
yoga • core • pilates • all levels
infrared sauna • tea lounge • eco-boutique
find your center
yyoga.ca

We're diving in!
Spanx Slimming Swimsuits
This season we are introducing the latest SWIMSUITS.
The Spanx by Sara Blakely.
BEAUTY mark
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

News in brief

Jacob won't retouch pics

MODELS. Jacob has decided to bid adieu to the practice of retouching photos to alter the shapes of models.

The Quebec-based company is billing the move as the first by a women's fashion retailer in Canada.

The retailer is publicly committing to no longer digitally altering the bodies of its models in images for both its Jacob and Jacob Lingerie brands as it launches its fall campaign.

The first images from the campaign will include three different versions of a campaign photos. **THE CANADIAN PRESS**

VANCOUVER CITY DANCE THEATRE PRESENTS
The Dali Universe
A spectacular multi-media ballet set in the surreal world of Salvador Dali.
Featuring National Ballet of Canada principal dancers:
SONIA RODRIGUEZ & PIOTR STANCZYK
Vancouver - Sept. 16,17,18 - The Vancouver Playhouse
Victoria - December 17 - The Royal Theatre
Adults $49-$65* Students & Seniors $25*
*plus applicable surcharges
Tickets on sale at
www.ticketmaster.ca & www.rmts.bc.ca
www.VancouverCityDanceTheatre.com
VANCOUVER CITY DANCE THEATRE
Photo: Sonia Rodriguez, Principal Dancer, The National Ballet of Canada - Cylla van Tiedemann

LET'S NOT AND SAY WE DID
TEASE
FLIRT
A COMEDY ABOUT A GOOD GIRL A SMALL FAVOR AND A BIG RUMOR
easy A
IN THEATERS SEPTEMBER 17
IN THEATRES SEPTEMBER 17
YOU COULD
WIN A PASS FOR TWO TO SEE AN ADVANCE SCREENING OF
EASY A!
VISIT metro.com TO ENTER
To register and for full contest details visit clubmetro.com.

Feeling Strapped?
HARE BASICS
Specializing in bra fittings for 25 years
Sizes A - K &
everything in between!
(Strapless bras available A-G)
RICHMOND: 3871 Moncton Street 604-271-5330
VANCOUVER: 4431 W. 10th Ave 604-224-3777

Fashion insiders pick fall's must-haves

Experts give us their picks

Got calendar confusion?

The date says it's officially summer, but vacations are over and kids are headed back to school. And, yes, that is Halloween candy at the store. The fashion world can set you straight: It's the fall shopping season.

And it's a good one, says Nina Garcia, fashion director at Marie Claire and Project Runway judge.

"This is not a season where you have to spend a lot of money to get into the trends," she says. "It's a very conservative and classic season; everything is ladylike or minimal. It's a good season to buy fashion to keep, not a season to buy and toss."

Garcia, author of the new book Nina Garcia's Look Book: What to Wear for Every Occasion, also says there's no reason to wait until it's chilly to wear many of the top fall styles.

The ladylike pumps on her shopping list, for example, pair just as well with a sleeveless sheath as they do with wool trousers. We asked Garcia for the must-haves on her personal shopping list:

No. 1 on her list is the camel-coloured coat that she says defines the season.

"Almost every single designer showed one," she says. "If you don't have one, it's the year to get one. It's like a pea coat; you can keep it forever."

An bonus, she adds, is that the luxe hue is flattering to a full range of complexions.

There's another coat Garcia says she covets, specifically a Burberry shearling.

"I will have one of those," she declares, allowing, though, that one will have to wait for cooler weather.

THE ASSOCIATED PRESS

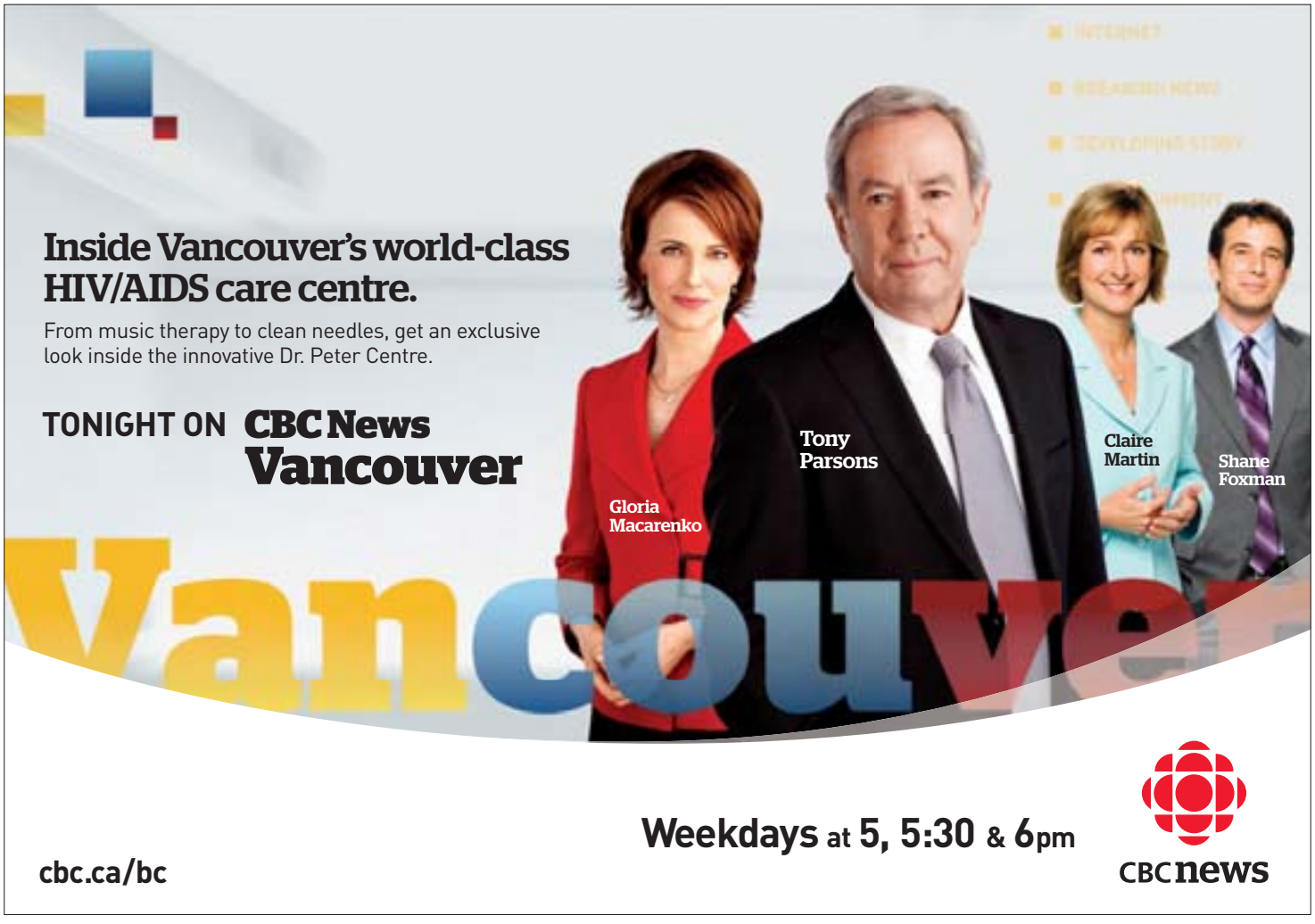
JACQUES BRINON/THE ASSOCIATED PRESS

▶ A creation by British fashion designer Hannah MacGibbon for Chloe as part of her fall-winter 2010-2011 ready-to-wear fashion collection.

Other experts

Three other experts home in on their favourite picks for the season

- **Mary Alice Stephenson, stylist and commentator:** Stephenson already has worn her new Lanvin leopard dress, but you can do animal-print without paying runway prices. Talbots, she says, has a leopard coat worn by Linda Evangelista in its new ad campaign.
- **Liz Rodbell, executive vice-president Lord & Taylor:** Rodbell homes in on two major fashion trends: The aforementioned sophisticated-lady glamour and urban utility. Retro-style fur coats and fit-and-flare dresses cover the refined look, as does the hand-held satchel, Rodbell says. For the more utilitarian items, think anoraks, cargo pants and lace-up boots.
- **Kelly Golden, owner of Neapolitan:** With no hesitation, Golden says she wants Christian Dior's ripped-from-the-runway, thigh-high leather riding boots in espresso brown.


Inside Vancouver's world-class HIV/AIDS care centre.
From music therapy to clean needles, get an exclusive look inside the innovative Dr. Peter Centre.
TONIGHT ON CBC News Vancouver
Gloria Macarenko
Tony Parsons
Claire Martin
Shane Foxman
Vancouver
Weekdays at 5, 5:30 & 6pm
cbc.ca/bc
CBC news

HP PHOTOSMART e-All-in-One

TOUCH THE *web.*

print THE WEB.

Introducing the all-new HP Photosmart e-All-in-One with Touchsmart Web. Print lab-quality photos, everyday documents and Web content on the fly, without using a PC.[1] With Dreamworks Animation printables, Disney colouring pages, Sudoku puzzles and more right at your fingertips. Integrated wireless makes it easy to share the all-in-one with multiple PCs and print from any room in the house.[2] It's printing like you've never felt before.

To learn more, visit **hp.ca/touchtheweb** or visit your nearest Best Buy, Future Shop, London Drugs, Staples or The Source.

$139.99*

HIT **PRINT**
BRILLIANTLY

© 2010 Hewlett-Packard Development Company, L.P. © 2010 DreamWorks Animation LLC. © Disney. [1]Requires an Internet connection to the printer. [2] Wireless performance is dependent upon physical environment and distance from access point. *All prices are suggested retail price in Canadian dollars. Retailer may sell for less and prices are subject to change. Not all products available at all locations. Availability of apps varies by country and language.

Let kids talk about fear

Back to school can strike panic in the hearts of some young children

For many children, heading off to class with brand-new running shoes and a backpack filled with notebooks and sharpened pencils can be exciting. But for others tummy troubles or sleepless nights begin as the calendar flips to September.

They might be encountering new teachers, a new school building and they could be in a situation where they'll have to make new friends. Going to school in the fall can be a time of anxiety.

"You've got many fearful students in September," said Robin Bright, a professor of education at the University of Lethbridge.

Younger children may feel anxious about a new teacher and ask themselves, "Will the teacher like me?" said Bright.

"Parents can be excellent facilitators of school contacts by making sure their children know they are welcome to invite peers over."
ESTER COLE, PSYCHOLOGIST

But for older kids, she said, the stresses are more diverse.

Students may be concerned about where to catch the school bus. Or they fear they may not be able to sort out new schedules or new lockers. And at the top of the worry list: Will any of my friends be in my class?

Play dates, judo lessons, music camps and Facebook might fill the summer, and many children would appear to have plenty of social engagements and friends.

But some experts say none of those get-togethers can replace daily, face-to-face interactions.

"It is very important to nurture relations within their own school community," said Ester Cole, a psychologist who works with children and adolescents in Toronto.

She stresses that children need to have good relationships with the peers they meet daily during recess or in the cafeteria, adding that this teaches children about community, how to negotiate and co-operate.

"Parents can be excellent facilitators of school contacts by making sure their children know they are welcome to invite peers over, either before school begins or during the first couple of weeks," she said.

Even something as seemingly simple as an agenda — the notebook-sized calendar handed to students during the first week of school — can cause problems.

"The agenda came into play to help alleviate stress — to record things they might not remember," said Bright. "The intent is to organize and help manage their lives."

"But (the agenda) can have the opposite effect. It can be just one more thing to do, forget or lose."

Bright said the best way to deal with back-to-school stress is to talk about any fears.

It may be as simple as parents taking time in the weeks before school starts to walk the route to school with their child and spend a few minutes in the school yard to help familiarize kids with what they will be seeing in their new daily routine.

THE CANADIAN PRESS

Extreme reactions

More extreme reactions to a new school year may result if it is just one of many changes at the end of a summer. Other examples include:

- The family may have moved into a new home.
- There may be a new addition to the family, such as a baby.
- There was a death in the family.

ISTOCK

▶ The best way to deal with back to school stress is to talk to your kids about their fears.

Hardly under the radar

Camouflage-print clothes front and centre for back to school

THE CHILDREN'S PLACE

▶Camo has been growing in popularity for kids over the past few years. Outfit available at The Children's Place.

Camouflage is one thing you can't hide from this back-to-school season.

The print has been growing in popularity for kids over the past few years, and that only increases as designers and manufacturers develop new colour combinations — for boys and girls — and find new trendy places to put it, such as pant cuffs and bag straps. And camo cargo pants have gone from novelty to classic status.

But doesn't that defeat the purpose of camo, which, in theory, should be flying under the radar?

"I think kids are seeing it from street fashion, more of a cool-kids point of view," says Betsy Schumacher, senior vice-president/chief merchandising officer for American Eagle's 77 Kids.

"It's very savvy from a fashion standpoint. Kids gravitate toward things that feel real, and it feels like something easy to wear. ... Our tag line is 'long live fun.' This trend is one kids can have fun with, and there's something funny about a six-month-old in army jacket, tutu and graphic T combination."

Age appropriateness is easy to address in camouflage because, while sticking to the authentic pattern, the spirit conveyed by colour, style and other embellishment makes it clear that children's clothing isn't trying to mimic modern military uniforms, says A.K. LaMonica, senior director of apparel at The Children's Place.

"We don't base it on current uniforms," LaMonica says. "For our boys' line, our inspiration truly comes from vintage."

Boys' shorts and pants most often get the camo treatment, and camo-covered baseball caps are the brand's best sellers. LaMonica says camo is the boys' equivalent of, say, the embroidered butterfly for girls.

"We want boys to wear them with a solid shirt or a clean stripe. Boys are limited, but girls always have flowers, hearts, butterflies and whatever the trendy print of the season is. Boys don't get that. They get plaid. Camouflage can be an alternative to that — and plaid isn't that popular in shorts," LaMonica says.

Brit-based brand Mini Boden says it has been successful translating camo for both sexes.

Girls usually get their camo with a splash of lilac or pink, boys like theirs brown or grey in the fall and winter, but like a bright blue in the spring or summer, says design director Emma Stevens. The pattern is a favourite on board shorts, soft twill trousers and an anorak jacket.

THE ASSOCIATED PRESS

Tips

Things you can do to make your roommate relationship gets off on the right foot

- **Make contact** It's OK to have initial contact through email, roommates should try to chat by phone to get to know one another and to discuss expectations, habits, lifestyles and schedules.
- **Transition** Meeting up prior to school starting and move-in day can help ease potential awkwardness and may help make the transition to shared living smoother.
- **Planning ahead** Compare lists of things you plan to bring so that you don't end up with two microwaves or blenders in the room.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ The best way to avoid getting a roommate you don't get along with is to be honest on your application so that you're matched as accurately as possible.

How to avoid getting a roommate from hell

Open dialogue key to sharing space, finding the right roommate

For countless college and university students living away from home, part of the adjustment to post-secondary life involves sharing close quarters with another newcomer on campus: the roommate.

It's daunting enough making the leap to the education big leagues. But for students heading to their temporary home away from home, excitement can be coupled with apprehension about living with a stranger and being in an unfamiliar environment.

"There's always the worry or concern or anxiety from the students, 'What if I don't like my roommate? What if we don't get along?'" D'ARCY RYAN, DIRECTOR OF RESIDENCE LIFE AT CONCORDIA UNIVERSITY IN MONTREAL.

"There's always the worry or concern or anxiety from the students, 'What if I don't like my roommate? What if we don't get along?'" said D'Arcy Ryan, director of residence life at Concordia University in Montreal.

"But within our history, we've rarely had issues or problems with our roommates, and we chalk that up to a strong admission process in that we ask them for their characteristics and qualities of themselves, and then what they're looking for in roommates."

That involves posing questions in advance about whether they're a morning or night person, among the factors examined when matching roommates, Ryan said.

Whatever their personal habits and preferences, it's critical that students are upfront in their applications, said Linda Fiore, author of The College Roommate from Hell — Skills and Strategies for Surviving With a Problem Roommate (Atlantic Publishing).

THE CANADIAN PRESS

SFU SIMON FRASER UNIVERSITY COMPUTING SCIENCE
DUAL DEGREE PROGRAM
IN CANADA & CHINA
www.cs.sfu.ca/SFU-ZU
778.782.7112 cschina@sfu.ca

BLUE EGG
TRIPLE THREAT TRAINING
SING - DANCE - ACT
Fall Training Programs - Apply Now!
Sing/Voice • Acting • Ballet • Contemporary
Hip Hop • Jazz • Tap • Conditioning
207 West Hastings Street, 604.569.0326
BlueEggEntertainment.com
Cut out this ad & enjoy 1 FREE session
(One offer per new customer - Call to book your session. Expires December 31/10)

learn to turn income tax into income
Classes Begin September 11!
H&R Block's Tax Training School is a hands-on course offering high quality training from our knowledgeable instructors. Learn how to prepare your taxes, and how you could make extra money preparing them for others. Imagine a seasonal full or part-time job that works to your schedule, allowing you the freedom to enjoy life both in and out of the office.
Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.
H&R BLOCK®
ENROL NOW!
*Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2009 H&R Block Canada, Inc.
CNTTS34

THE RIGHT SHOE
GARAGE SALE
WHAT:
SHOES, 100s OF PAIRS!!
WHERE:
The Right Shoe Parking lot tent 1601 W 4th Ave. at Fir St.
WHEN:
THUR Sept 9, 9-8 FRI Sept 10, 9-8 SAT Sept 11, 9-6 SUN Sept 12, 10-5
www.therightshoe.ca t: 604.737.6014

XPERIA
X10 mini
The world's smallest* Android™ phone.
*"smallest" defined as the product of Height x Width. Based on phones available for purchase on the market as of April 28th, 2010.

Mini but mighty

Need a movie review? Looking for the band's after party? Easily stay plugged into the scene with tweets, texts, and Facebook™ updates all with Timescape™ on the Xperia™ X10 mini. Plus with customizable corners, you can effortlessly jump to your favourite functions like the stunning 5 megapixel camera. And with access to all the latest greatest Android™ Market apps, you only need one hand to stay on top of it all. Now that's huge.

sonyericsson.com

Xperia™ X10 mini. Experience more.

Available exclusively at

ROGERS™

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google, YouTube, Android and Android Market are trademarks of Google, Inc. Facebook is a trademark or registered trademark of Facebook, Inc. Twitter and tweet are trademarks or registered trademarks of Twitter, Inc. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.

Sony Ericsson
make.believe

Beating the back to school blues

Tips for winning friends and influencing children

JON TATTRIE
FOR METRO CANADA

One is the loneliest number on the first day of school when some kids discover a deficit of social skills.

Janette Pelletier, director of the Institute of Child Study at the University of Toronto, says kids with poor social skills may not know how to join groups and will awkwardly watch as onlookers or barge in.

"A lot of people expect every kid to be a social butterfly, but some do quite well having one or two good friends."
PATRICIA SPENS

She urges parents to role play to teach the skills. "Rather than just saying, 'Can I play?' they might be giving an idea of what they could do in the play, such as, 'I could be the truck driver,'" she says.

Help your child learn how to exit play, too, so they don't abruptly walk off. It's not so different from how adults excuse themselves from a party by complaining that they have to go to work early the next day.

Patricia Spens of Halifax's Roth Associates in Psychology says parents should talk to the teacher to see if it's a situation-specific problem or a general social-skills issue.

If it's the former, the school can help resolve it. If it's the latter, the child may need support to stop self-critical thought patterns that can hamper confidence. Finding a friend with a common interest like Lego can help, too.

▶ Making friends can be hard on kids.

Signs to look for

Signs your kid is struggling to make friends:

When kids are starting school, parents should keep their eyes open for signs they are struggling socially. Patricia Spens says if a normally eager child refuses to go to school or develops problems sleeping, it could be that they are trying to avoid a stressful situation. If they start waking up complaining of a stomachache or headache, it could point to underlying social fears. Regressive behaviours are another tip off.

LIMITED TIME OFFER^

$0** BLACKBERRY® 8520

** with 3 year Fido Agreement and Data Add-on, at Pepper Wireless locations only.

+ **UNLIMITED** social networking or emails for as little as ¢**50/day!**
+ **FREE** BlackBerry® leather pouch valued at $34.95!**
+ **$35 activation fee is on us!***

That's **OVER $110 IN SAVINGS** with us!

Exclusive Offer from Pepper Wireless!
Bring this ad to our stores today!

Vancouver Locations
1st Ave Market
3189 Main Street
Broadway and Cambie

Shopping Mall Locations
Aberdeen Centre, Rmd
Lansdowne Centre, Rmd
Yaohan Centre, Rmd

Shopping Mall Locations
Central City Centre, Surrey
Crystal Mall, Burnaby
Royal City Centre, New West

PEPPER WIRELESS
Exclusive Dealer
fido

Offers subject to change without notice. Early cancellation fees apply. ^Offer available until September 30, 2010, at Pepper Wireless locations only. *Offer available until November 1, 2010, subject to change without notice. Valid on new activation with a 2- or 3-year Fido Agreement. A credit of the entire amount of the $35 Activation Fee will appear on your first invoice. **Offer valid with 3-year Fido Agreement and Data Add-on. ™Fido & design and CityFido are trademarks of Fido Solutions Inc., used under license. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions Inc.

▶ Mirrors can not only add some natural light to a room but also make it feel larger.

▶ Silk drapes are all the rage in home decor.

Reflecting space

Metal and shiny paint can open up small spaces ◐ Also add some oomph

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

One of the easiest ways to make a small space feel larger is to use reflective surfaces like mirror, metal, glass and shiny paint. Not only do they help to reflect light around and open up a space, they also help to add a touch of glamour to your home. Here are a few ways to brighten your space:

Paint all four walls with a high-gloss paint for a super-sheen, light-bouncing effect in a room. Make sure the walls are perfectly smooth; olds walls with the orange skin bumps shouldn't be painted in glossy paint.

Wallpaper one wall

Instead of painting a focal wall of colour behind a bed or in a dining room try adding wallpaper with shine; the wallpapers these days are easily removed when the trend ends, and can add a lot of pizzazz to a room. Other focal walls to add shiny wallpaper: the mantle wall in the living room, behind the bed or behind the television in the family room.

Use metal and glass lamps:

Whether it be a modern chandelier or a table lamp, metal or crystal-style lamps are all the rage and are fantastic accessories to any room as they absorb and disappear into the room.

Shiny glass tables

Add a glass top to an old dresser, bar cart or coffee table to add shine and protect the surface. A glassed top coffee table with a metallic frame will add even more sparkle to a room.

Mirrors

Look for beveled edges and metallic finishes on the frames for a way to add even more reflective glitter to a room.

Large mirrors placed on a 90-degree wall to the window will bounce the natural light further into the room.

THE FIREPLACE WAREHOUSE
PLUS
Receive 25% off installations with this ad
STAY WARM THIS WINTER!
Gas Fireplaces for all your needs at the
LOWEST PRICES GUARANTEED!
New Homes, Renovations or Masonry Inserts.
#105 - 11091 Bridgeport Road, Richmond
604-231-8923 • www.thefireplacewarehouse.ca
Monday to Friday 9 a.m. - 5 p.m., Saturday 10 a.m. - 4 p.m.
DISTRIBUTORS OF:
Savannah Heating Products Ltd.
Monessen
MAJESTIC

KITCHEN and BATH
Certificate program at VCC
From function to fixtures and business to beauty, VCC's 11-month part-time program focuses on the highly specialized design of these two central rooms in any home. Students cover design theory, construction basics, sustainable practices, new and emerging products and systems, and learn the business of kitchen and bath design.
VCC's program is the first of its kind in B.C. to receive supported status from the National Kitchen & Bath Association of North America.
Apply now for classes starting in January.
For more information, contact:
Bernie Lyon, program coordinator
604.443.8671 or blyon@vcc.ca
Kevin Coutts, program assistant
604.443.8677 or kcoutts@vcc.ca
vcc.ca
Vancouver Community College

Mushroom and Chicken Salad

Ingredients :

- 125 ml chicken or vegetable broth
- 50 ml balsamic vinegar
- 2 large cloves garlic, minced
- 500 g boneless, skinless chicken breasts
- 50 ml vegetable oil, divided
- 7 ml each coriander and cumin
- 500 g sliced fresh mushrooms
- 125 ml each thin carrot and red pepper strips
- Freshly ground black or cayenne pepper, to taste
- 1.5 l mixed salad greens
- Crumbled goat cheese (optional)

Preparation:

1. In a measuring cup or small bowl, combine broth, vinegar and garlic; set aside for vinaigrette.
2. Cut chicken into 1-cm cubes. In a large non-stick skillet, heat 30 ml of the oil with coriander and cumin over medium-high heat. Saute chicken for about 3 minutes.
3. Add remaining oil and mushrooms, carrot and red pepper; stir-fry for 3 to 5 minutes or until tender-crisp. Stir in vinaigrette and heat just until warm; season with pepper.
4. Divide mixed greens equally among serving plates. Spoon mixture with dressing on top of greens; sprinkle with goat cheese, if desired. Makes 4 servings.

THE ASSOCIATED PRESS

JOAN CHANG/FOR METRO CANADA

▶ Clockwise from top left: The birria, pescado, conchinita pilbil and de lengua tacos at La Taqueria.

Do one thing and do it really well

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

When people are jamming into a tiny space for the sake of lunch, you know you've hit the jackpot.

La Taqueria is the perfect example of a restaurant specializing in one thing and doing it right. Authentic tacos made with mostly locally sourced ingredients.

Lineups zoom by. Service is lightning fast and unfailingly polite.

You can get takeout but you should eat in to get the full experience, from the campy Mexican décor to the countertop seating.

Get a plate of four tacos ($9.50 for meat and $7 for vegetarian). Everybody does.

My favourite is the de lengua, braised beef tongue. The meat is tender and comes alive with the lime-spiked guacamole.

Cochinita pilbil, pork in sweet and sour sauce, is fantastic with pickled onions.

As is the pescado, fish taco topped with lightly spiced salsa.

My only nitpick is the slightly dry birria, or lamb taco.

Wash it down with a horchata ($3) also known as rice water. It's sweet and creamy.

La Taqueira es muy delicioso. Go now!

Weekend

- You can also get a taste of La Taqueria at the Mexico Fest at Thurlow Plaza at the New Vancouver Convention Centre this Saturday starting at noon.

- **La Taqueria**
- **322 West Hastings St.**
- **604-568-4406**
- **lataqueria.ca**
- **Hours of Operation: Monday to Wednesday 11:00 a.m. to 8:30 p.m. Thursday to Saturday 11 a.m. to 10 p.m.**
- **Rating: ****1/2**
- **Reservations: No**
- **Client negotiations: No**
- **Lunch w/co-workers: Yes**
- **Social Lunch: Yes**
- **Quick solo lunch: Yes**
- **Time in: 11:55 a.m.**
- **Time out: 12:20 a.m.**
- **Low $: $2 (veggie taco)**
- **High $: $9.50 (plate of four meat tacos)**

THANK YOU FOR VOTING
DR. STUART KATZ
AS ONE OF THE LOWER MAINLAND'S TOP DENTISTS!
We are a dental practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art procedures that will result in healthy long lasting teeth!
Our entire team is dedicated to providing you with the personalized, gentle care that you deserve.
Check out our website for more information
www.drkatz.ca

TOP 5 DENTISTS
RECOMMENDED BY METRO READERS
PARKVIEW DENTAL
"I am more than happy to recommend this office to everyone. Very professional."
DR. STUART KATZ
"Dr. Katz is a great dentist. He is extremely knowledgeable, gentle & affordable."
DR.NICK SEDDON
"He provides quality services and the highest degree of expertise in his field."
DR. M. SORAYA
"Dr. Masha Soraya is a great dentist because she cares about her patients and she's funny. I enjoy my visit there every time."
SHANA LUM
"Shana is a professional and extremely capable dentist. The office is also well organized and well equipped."
NEXT WEEK'S TOP 5 – CHIROPRACTORS
Recommend your Chiropractor by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK
Powered by metro and gigpark

Medley's Restaurant & Lobby Lounge

Holiday Inn
Market Fresh Lunch Buffet
Monday - Friday
11:30 am to 2 pm
Only $10.95!
1110 Howe Street, Vancouver • 604-684-2151
www.hivancouverdowntown.com

You're invited to participate
in the North Shore Candlelight Tribute
Join us to honour all Canadians who have sacrificed their lives for peace and freedom worldwide

Saturday, Sept. 11, 2010 - North Vancouver Cemetery
March on at 5:45pm, Parade and Ceremony at 6pm
For more info call: 604-317-9033 or 604-619-5670

Celebrating the harvest

Lynn Ogryzlo's heart and soul are in the region of Niagara, particularly in its bountiful harvest

It is not surprising that as a food writer Lynn Ogryzlo is intrigued with the growers who toil to bring some of the country's prized locally grown fruits and vegetables to markets and the individual farm stands often located at the end of their driveways.

"Eating locally is about more than food," she says. "It's about knowing the people who grow it."

Travelling the country roads, she met the growers of everything from heritage tomatoes to Sicilian eggplant and the region's famous peaches. It was her quest to capture the reason these farmers share their produce.

The result is Niagara Cooks II, A Seasonal Attitude, second of a series, with stunning photos by Ogryzlo's husband Jon (Epulum Books, $24.95, paperback).

This cookbook was preceded by Niagara Cooks, From Farm to Table.

Her message in the latest book is about eating locally through the seasons.

"When you eat seasonally, you have the opportunity to get to food closer to where it grows," Ogryzlo explains.

"Notice how we crave the first asparagus of spring, the greens for salads in summer and savoury flavours of corn and tomatoes in August and root vegetables with a roast in winter?

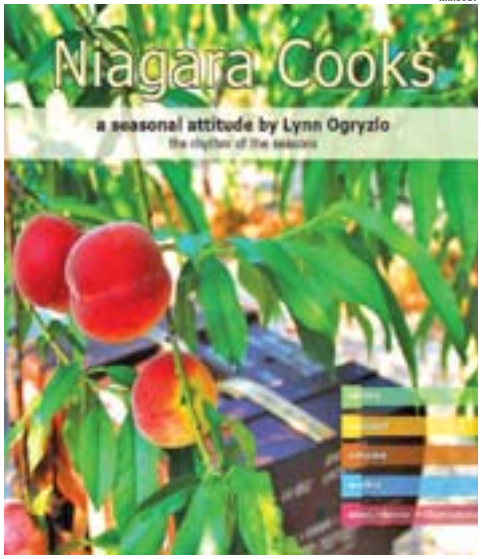
"When we crave these different seasonal foods Mother Nature is right there when we want her."

Niagara Cooks II has menus for all the seasons and includes profiles of growers and their families. It celebrates the influences of the burgeoning Niagara wine industry and local cheese artisans.

Autumn is just around the corner, and fresh eggplants are in abundance at farmers' markets. Be sure to check yours out.

THE CANADIAN PRESS

"Notice how we crave the first asparagus of spring, the greens for salads in summer, savoury flavours of corn and tomatoes in August and root vegetables in winter? When we crave these different seasonal foods Mother Nature is right there when we want her."
LYNN OGRYZLO

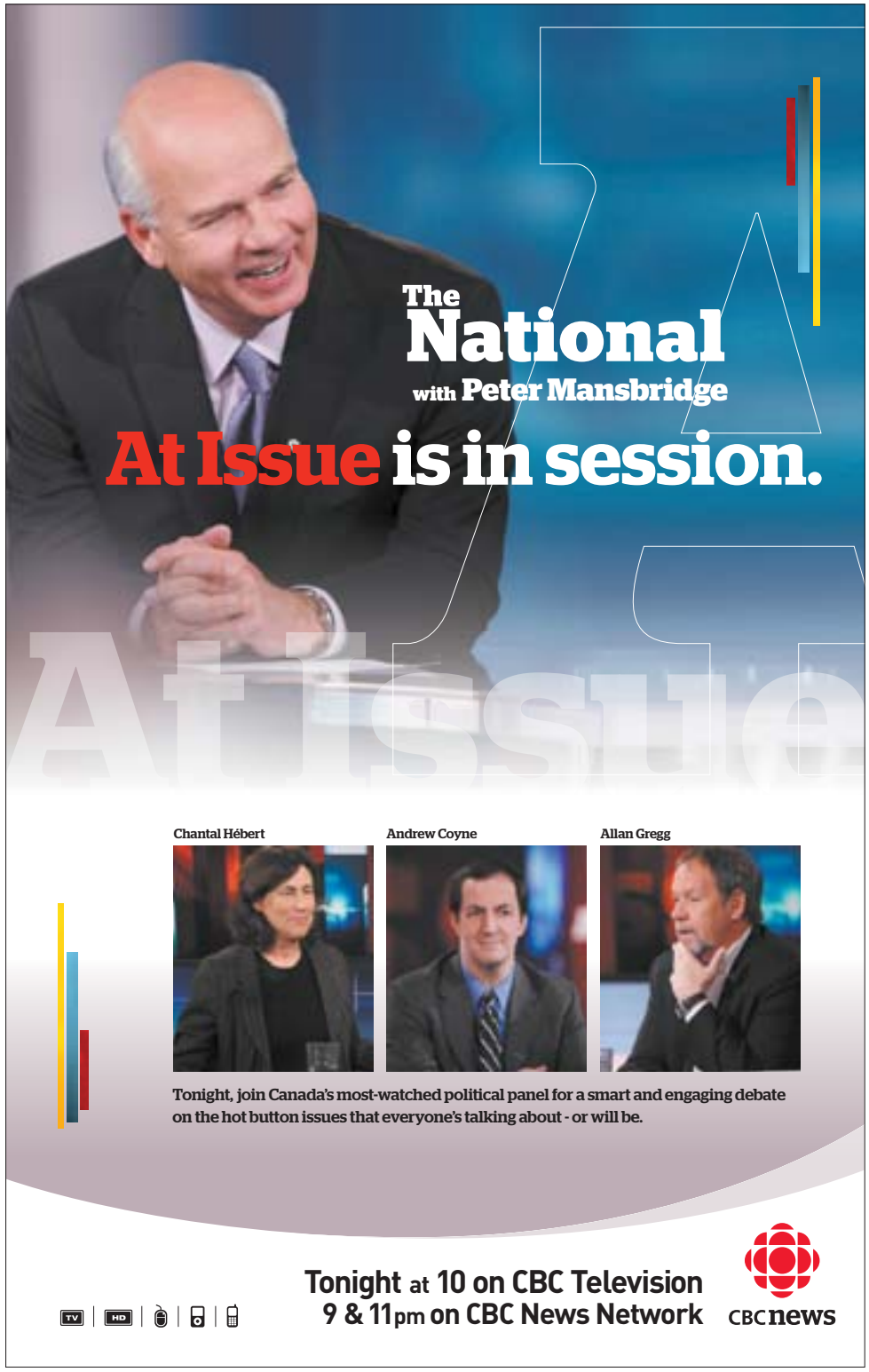


HANDOUT

Motivation

Ten reasons to learn to cook, from chef and educator Maribel Linfield:

- Money: For the price of one fine dining meal, you could buy groceries for the week.
- Health: You control the salt, sugar and fats. Plus, no preservatives.
- Time Saver: Going to a restaurant is not faster (travel, parking, ordering, waiting, eating, pay bill, drive home again).
- Pride: You possess a valuable life skill.
- Sex Appeal: One of the most admired sexy traits in both men and women.
- Climb Social Ladder: Take a date out to dinner, you may get a second date. Make your date a nice dinner, you will get a second date.
- Basic Instinct: It's something we do every day. Reading, writing, math, EATING!


The National
with Peter Mansbridge
At Issue is in session.
Chantal Hébert
Andrew Coyne
Allan Gregg
Tonight, join Canada's most-watched political panel for a smart and engaging debate on the hot button issues that everyone's talking about - or will be.
Tonight at 10 on CBC Television
9 & 11pm on CBC News Network
CBC news

4 sports

Tennis

Open road

Roger Federer moves down the path to the U.S. Open semifinals with a win over Robin Soderling.

Up and down

Roger Federer
Federer accumulated an 18-2 edge in aces against the big-hitting Soderling and improved his career mark against the Swede to 13-1.

Robin Soderling
He didn't hit his first ace of the evening until the 143rd point of the match, nearly 1½ hours in, earning a smattering of sarcastic cheers from some fans in the sellout crowd.

Scan code for more sports

RONALD MARTINEZ/GETTY IMAGES

▶ Brett Favre and the Minnesota Vikings face the New Orleans Saints during the NFC Championship Game.

Can Vikings rain on Saints' parade?

With Saints still celebrating Super Bowl, Vikes come to town looking for some payback

VIKINGS SAINTS

▶ **Time:** 5:30 p.m.
▶ **TV:** NBC, TSN

The Saints' first Super Bowl title was so big in New Orleans that Mardi Gras, a revered local institution dating back well more than a century, became popularly known as "Lombardi Gras."

New Orleans' momentous victory over the Indianapolis Colts occurred in the middle of the city's parade season, so the Saints' celebratory ride through town with the Vince Lombardi Trophy was simply added to the lineup. In the following days, players, coaches, team officials and the trophy made appearances in traditional parades as well.

And while Mardi Gras ended way back on Ash Wednesday, it seems as though Lombardi Gras still isn't over quite yet — certainly not by the looks of the French Quarter, where a massive concert stage has been built on the river front, overlooking historic Jackson Square.

In the hours before the defending champs kick off the NFL season against the Minnesota Vikings tonight in the Louisiana Superdome, the Big Easy will host a concert featuring Dave Matthews and Taylor Swift, an NFL-sponsored parade and a citywide bash for which a number of schools and businesses have decided to shut down.

"It's like the Super Bowl all over again," Saints running back Reggie Bush said.

Indeed, Saints owner Tom Benson will show off the Lombardi Trophy once more at a newly completed festival plaza next to the Superdome that has been named Champions Square. Then the festivities move inside the dome, where those with the hottest ticket in town will witness the raising of a 2009 championship banner before kickoff.

The Vikings would like to see the party end right about there, and they have their reasons for believing they can make that happen.

Minnesota outperformed the Saints in numerous statistical categories when they met in last season's NFC championship game and might have won if not for five turnovers.

The Vikings outgained the Saints 165 yards to 68 on the ground and 310 yards to 189 in the air.

In the end, Minnesota was done in by three lost fumbles and two interceptions, the last by Saints cornerback Tracy Porter when the Vikings were threatening to take a late-game lead.

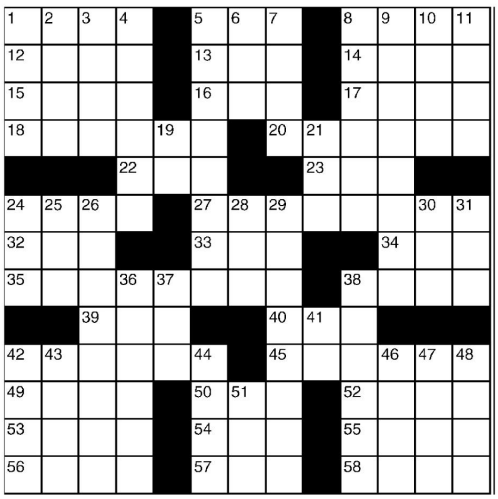
THE ASSOCIATED PRESS

NOT JUST *A* CLUB,
IT'S *THE* CLUB.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

club metro

Crossword



Across
1 Bed-frame piece
5 Cribbage scorer
8 Newspaper page
12 Cab
13 The whole enchilada
14 Hemingway or Haydn
15 In the thick of
16 Carnival city
17 "— go bragh!"
18 Pacific discoverer
20 Threaten
22 Squid squirt
23 Longing
24 Longest abbr. on many calendars
27 Nero and Napoleon
32 Eggs
33 Greek H
34 Debtor's letters
35 1974 John Carpenter movie
38 Chess soldier
39 Blackbird
40 Commotion
42 Hardly colorful
45 Lizard's place?
49 Blunder
50 Common soccer score
52 Cranny
53 Competent
54 Geological period
55 "Unforgettable" singer
56 Interpret
57 Kinsey topic
58 Odds' mates

Down
1 Impale
2 Dalai —
3 Botanical angle
4 Morsel
5 Pet bird, often
6 Actor Wallach
7 — onto (snatch)
8 Church key, e.g.
9 Irrational distrust
10 Grand-scale tale
11 Hamlet, e.g.
19 Broadcasting
21 CBS logo
24 Turf
25 A Gabor sister
26 Geometric curve
28 Urban transit letters
29 Seeming displacement, to astronomers
30 Tier
31 Baltimore newspaper
36 Stabbed
37 Sermon subject
38 Swoop and seize
41 Coiffure
42 Culture medium
43 Ear part
44 Individuals
46 Midday
47 Olympian's prize
48 Supplements, with "out"
51 Rage

▶ Yesterday's answer

B	A	L	D	■	A	L	P	■	C	E	L	L
E	R	I	E	■	L	E	A	■	H	I	Y	A
E	I	N	S	T	E	I	N	■	I	D	E	S
S	A	T	I	E	■	■	G	A	L	O	S	H
■	■	■	R	A	T	S	■	M	I	L	■	■
T	R	E	E	■	R	E	A	M	■	O	D	D
S	U	I	■	E	I	E	I	O	■	N	O	R
P	E	G	■	L	O	R	D	■	A	S	H	Y
■	■	H	A	S	■	S	E	A	S	■	■	■
L	E	T	T	E	R	■	■	C	L	A	R	E
O	L	I	O	■	E	I	T	H	E	R	O	R
B	I	E	N	■	A	V	E	■	E	G	O	S
E	A	S	E	■	D	Y	E	■	P	O	K	E

Sudoku

	2	8	3			4		
	7			4		6		
	6		9		5			
			6				5	
2			7		4			8
	8				3			
			1		7		8	
		7		5			6	
		4			2	3	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	9	6	4	7	2	3	1
2	6	3	9	5	1	8	4	7
4	7	1	8	3	2	6	9	5
6	1	8	4	7	3	5	2	9
3	2	4	5	8	9	1	7	6
5	9	7	2	1	6	4	8	3
9	3	5	1	2	4	7	6	8
1	4	6	7	9	8	3	5	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Would you please GRANT me one wish? That would be to spend more Timmies time with you. Remember humming the theme song? Good times, good times!
LOVE, YOUR LITTLE BAGEL.

To Mr. Panda
I love you with everything I am and ever wish to be. You are my reason to smile. I look forward to our future and our life together. Yours forever and a day. You are the love of my life.
MRS. PANDA.

Happy Birthday Babe I hope you have a great day at work today..
Wishing all your wildest dreams come true. Best of luck for this years and many many more years to come. Cant wait til next August. It will be the best.
Take care
LOVE YOU!!
..NN3453

Today 18°/13° Partly cloudy
Friday 16°/12° Showers 60%

The Weather Network
WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want fame and fortune but you also want privacy and independence. Can you have them both at the same time? Yes you can and current aspects will show you a way to reconcile these apparently conflicting aims.

♉ Taurus April 21-May 21 Any obstacles you encounter today should be treated as interesting challenges rather than major barriers.

♊ Gemini May 22-June 21 There have been a lot of upheavals of late and no doubt you could do with a rest. Today, however, you must push yourself hard one more time because there is so much you can accomplish over the next 24 hours.

♋ Cancer June 22-July 22 You have a great deal of energy and enthusiasm at your disposal at the moment but be careful that you don't go to extremes.

♌ Leo July 23-Aug.23 The planets seem to be throwing up all sorts of doubts and fears at the moment but the good news is they won't last for long.

♍ Virgo Aug. 24- Sept. 22 You are advised not to take on anything new today, because you are doing enough as it is. It might not be easy telling loved ones and work colleagues that you can't help them but your health may depend on it.

♎ Libra Sept. 23-Oct. 23 It is important that you stay in control of what is going on in your life. Do not – repeat, do not – let others make decisions for you.

♏ Scorpio Oct. 24-Nov. 22 Give 100 per cent effort in everything you do today. While others are easing off and looking forward to the weekend you should be cranking it up a gear

♐ Sagittarius Nov. 23-Dec. 21 The changes now taking place in your life may not be what you were expecting but in the long-term they will turn out to be exactly what you need

♑ Capricorn Dec. 22-Jan. 20 It is part of your nature to be competitive, especially at work, but take care it does not get out of hand

♒ Aquarius Jan. 21-Feb. 18 Whatever the accepted facts of a situation, if your intuition tells you there is something not quite right with the official explanation you should be on your guard. The conventional opinion is very often the wrong opinion.

♓ Pisces Feb. 19-March 20 As Jupiter moves back into your sign you will get another chance to move your life in a new direction.

● SALLY BROMPTON

Caption contest

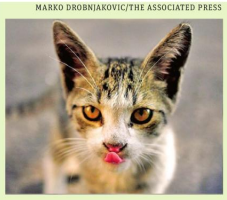
CHRIS YOUNG/THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS



FLIGHT CENTRE Unbeatable
Puerto Vallarta
7 Nights 4-Star All-inclusive
from $395
+ taxes & fees $290
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

CARLTON PARK GARDENS
10951 Mortfield Rd
1, 2 & 3 bedroom suites
from $905
Ask about our move in bonus
• Fridge, stove & dishwasher
• Outdoor pool & indoor sauna
• Exercise room • Resident party room
• BBQ area • Annual resident events and social gatherings
• 10 Minutes to airport • 25 minutes to U.S border
• Public transit, shopping and schools close by
604-275-2664 www.caprent.com caprent.mobi

FLIGHT CENTRE Unbeatable
Cuba Air + 7 Nights
from $505
+ taxes & fees $216
INCLUDES transfers and central accom in Havana.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

416 923 7747

Continental Hair.com

When you have thinning hair, every one of them counts.

Continental Hair *And World Renowned Hair Expert*

MICHAEL SUBA Are Coming To ***The Four Seasons Hotel Vancouver***

SEPTEMBER 17,18 & 19.

To Book Your Private Consultation Call 1 416 923 7747. Spaces are limited.